



# Carlos AND Clarice Mooove to Lowfat Milk!

Carlos & Clarice fè Mouvman pou bwè Lèt ki gen Tikras Grès!

This book belongs to:

**Liv sa-a sé pou:**



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**Hi!** I am Carlos and this is my mom  
Clarice. We are cows. Milk comes from cows.

**Bonjou! Mwen sé Carlos é sa sé manman-m Clarice.  
Nou sé bèf, Lèt soti nan bèf.**

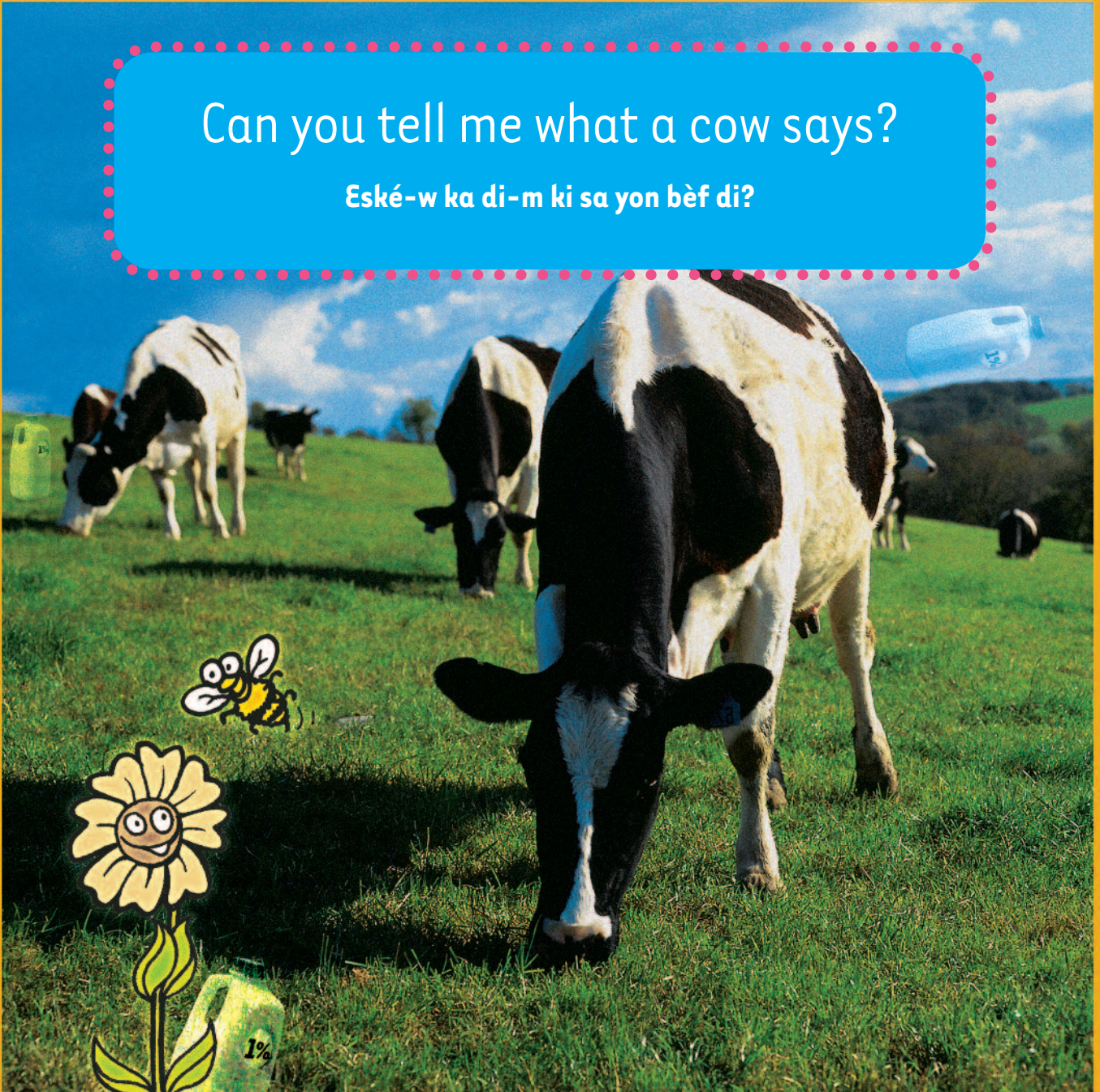




Can you tell me what a cow says?

Eské-w ka di-m ki sa yon bèf di?

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That's right.  
A cow says,  
“moo.”

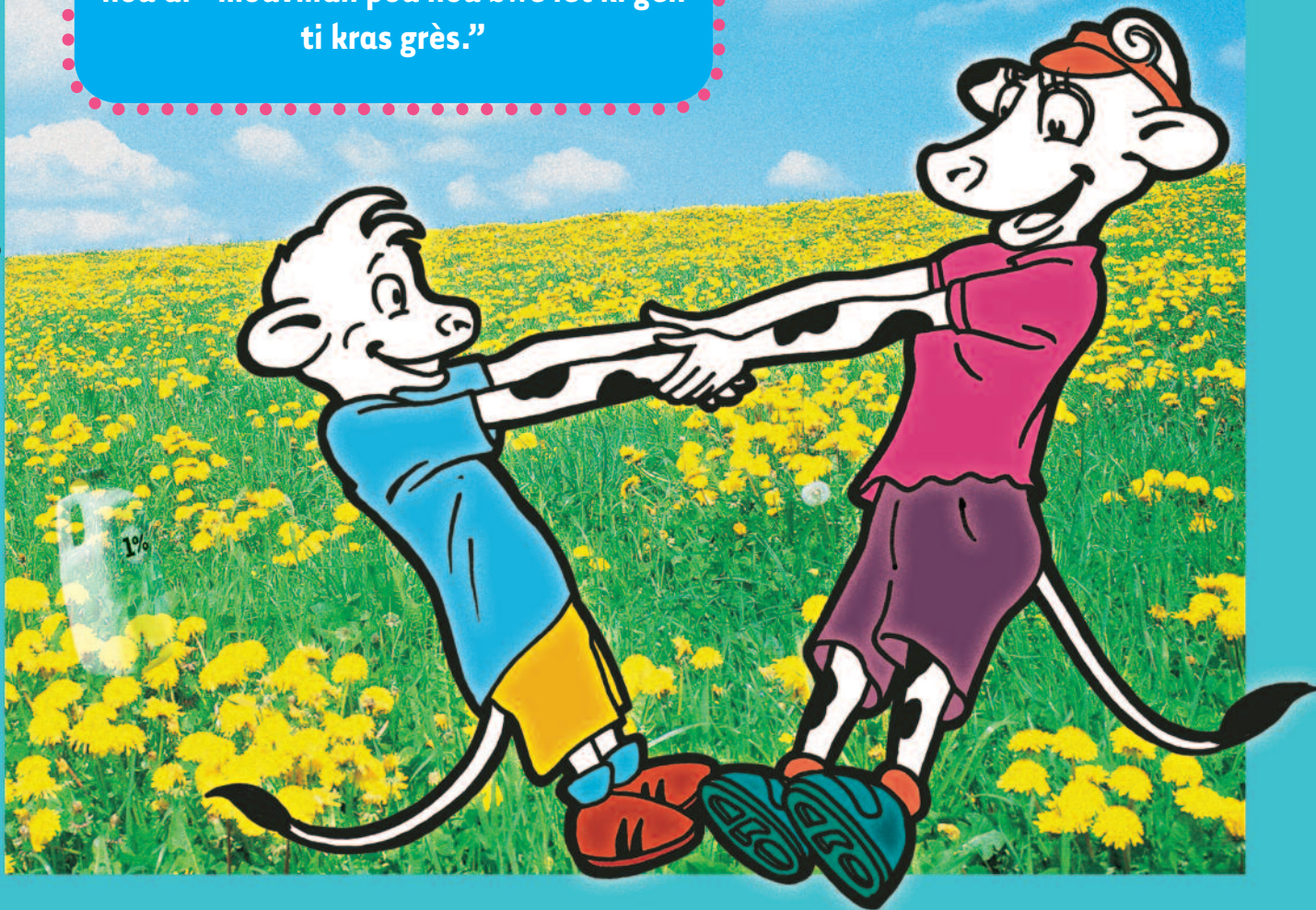
Sé sa menm. Bèf di  
“moo.”



But not us. Mom and I say,  
“Moove to lowfat  
milk.”

Men pa nou. Manman-m avek mwen  
nou di “mouvman pou nou bwè lèt ki gen  
ti kras grès.”

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Lowfat milk keeps our hearts **healthy**.  
Lowfat milk keeps our bones and teeth **strong**.

Lèt ki gen tikras grès kinbé kè nou an santé. Lèt ki gen tikras grès  
kinbé zo nou ak dan nou di.



We used to get  
confused when  
buying milk at the  
store.

**Nou té kon gen ti pwoblèm lè  
nap achte lèt nan boutik.**

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But not anymore! Now we look for the lowfat milk in the jug.

It is the jug with a 1 on it.

Men pa konyè a. Konyè a nou chèché lèt ki gen tikras grès nan boutèy.  
Sé boutèy ki gen 1 sou li-a.

Can you hold up 1 finger? This is a good way to remember the kind of milk to buy.

Eské ou ka lèvé 1 dwèt an lè? Sa sé yon bon jan pou-w ka sonjé ki kalité lèt pou-w achte.





Can you point to the lowfat milk jug?  
Remember, it is the one with a **1** on it.

Eské-w ka lonjé dwèt ou sou boutèy lèt ki gen tikras grès la?

Sonjé, sé sa ki gen 1 sou li-a.



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Great job! Say, “Mooove to lowfat milk.”

Bon travay! Di “Mouvman pou nou bwè lèt ki gen tikras grès.”

I feel so good when I drink lowfat  
milk that I feel like moving.

**Stand up and move  
with me!**

**Mwen santi-m tèlman byen lè-m  
bwè lèt ki gen tikras grès ké-m  
santi-m ta fè mouvman. Kanpé é fè  
mouvman avèk mwen!**









1

Move to the side.

Avancé sou koté.



2

Move to the other side.

Avancé sou lot koté-a.



3

Move forward.

Avancé dévan.







4

Move backward.

Avancé dèyè.

5

Touch your toes.

Touché zòtèy ou.

6

Reach up high.

Lévè men-w anlè nèt.



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# Let's do it again!

Annou fè sa ankò!



1

Move to the side.  
Avancé sou koté.

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2

Move to the other side.  
Avancé sou lot koté-a.



3

Move forward.  
Avancé dévan.



4

Move backward.  
Avancé dèyè.

5

Touch your toes.  
Touché zòtèy ou.



Reach up high.  
Lévé men-w anlè nèt.

6





# One more time!

1 Move to the side.  
Avancé sou koté.



Yon lòt fwa ankò!

3 Move forward.  
Avancé dévan.



Reach up high.  
Lévé men-w anlè nèt.

6



2 Move to the other side.  
Avancé sou lot koté-a.



4 Move backward.  
Avancé dèyè.



5 Touch your toes.  
Touché zòtèy ou.



Yes. Moove to lowfat milk. . .and keep  
your heart **healthy**. Keep your bones  
and teeth **strong**.

Wi. Mouvman pou nou bwè lèt ki gen tikras grès. . .é  
kinbé kè-w an santé. Kinbé zo-w ak dan-w di.

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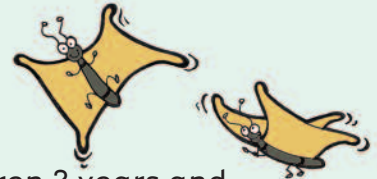




We have to go now, but we have a surprise for you. There are hidden pictures of lowfat milk in this book. See how many you can find. Every time you find one, hold up one finger and say, “Mooove to lowfat milk!”

Fok nou alé konyè-a, men nou gen yon sipriz pou wou. Gen inpé foto lèt ki gen tikras grès ki séré nan liv sa-a. Gadé pou wè konbyen ou ka jwen. Chak fwa-w jwen yon, lèvé yon dwèt anlè é di “mouvman pou nou bwè lèt ki gen tikras grès!”

# Parent Pages



## What kind of milk is best?

- Breast milk is best for baby's first year or longer.
- Give whole milk at 12 months of age.
- Move to 1% lowfat and fat free (skim) milk for adults and children 2 years and older.

## Mooove to Lowfat or Fat Free Milk!

An easy way to make the switch from whole milk is to do it gradually. Start by using 2% reduced fat milk. Then, change to 1% lowfat milk, and finally, try fat free milk.

## Nutrition Facts for 1 cup milk:

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**Fat Free (skim) Milk:**  
0 grams fat  
90 calories



**1% Lowfat Milk:**  
2.5 grams fat  
110 calories



**2% Reduced Fat Milk:**  
5 grams fat  
130 calories



**Whole Milk:**  
8 grams fat  
160 calories

**1% Lowfat and Fat Free Milk have the same great taste and the same calcium and vitamins as reduced fat and whole milk, just less fat and fewer calories.**

**2% milk is NOT low in fat!**







## How much milk is needed each day?

- Children 1 to 3 years of age need about 2 cups of milk each day.
- Children 4 to 8 years of age need about 2 to 3 cups of milk each day.
- Adults and children 9 years and older need about 3 cups of milk each day.

## Can everyone drink milk?

Some people have trouble digesting the sugar (lactose) in milk. This is called “lactose intolerance.”

In general, people with lactose intolerance can:

- Drink an 8-ounce glass of milk along with other food. (Do not drink milk on an empty stomach.)
- Eat yogurt or cheese.
- Drink lactose-free or lactose-reduced milk.
- Drink milk or eat milk products after taking lactase enzyme pills or drops.

If you or your children have problems with lactose or are allergic to milk, talk to your doctor or health care provider.

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# Paj pou paran



## Ki kalité lèt ki pi bon?

- Lèt manman pi bon pou ti bébé jiska 1 an ou plis.
- Bayo lèt antyé a 12 mwa.
- Chanjé pou lèt ki gen mwens grès 1% é lèt san grès (skim) pou timoun plis ké 2 zan ak granmoun.

## Mouvman pou nou bwè lèt ki gen tikras grès ou lèt san grès!

Yon jan fasil ou ka kité lèt antyé sé si ou fè sa piti pa piti. Kòmansé ak lèt ki gen mwens grès 2%. Épi chanjé pou lèt ki gen tikras grès 1%, é finalman, éséyé lèt san grès.

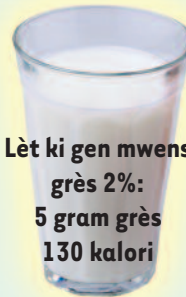
## Réyalité nitrasyon pou 1 tas lèt:



Lèt san grès (skim):  
0 grams grès  
90 kalori



Lèt ki gen tikras  
grès 1%:  
2.5 gram grès  
110 kalori



Lèt ki gen mwens  
grès 2%:  
5 gram grès  
130 kalori



Lèt antyé:  
8 gram grès  
160 kalori

Lèt ki gen tikras grès 1% é lèt san grès gen menm bon gou é menm kalsyum é vitamin ak lèt ki gen mwens grès é lèt antyé, sèlman yo gen mwens grès é mwens kalori.

Lèt 2% PA yon lèt ki  
gen tikras grès!







## Ki kantité lèt moun bézwen chak jou?

- Timoun laj 1 a 3 zan bézwen 2 tas lèt konsa chak jou.
- Timoun laj 4 a 8 an bézwen 2 a 3 tas lèt konsa chak jou.
- Granmoun ak timoun 9 an ou plis bézwen 3 tas lèt konsa chak jou.

## Eské tout moun ka bwè lèt?

Anpil moun gen pwoblèm pou dijéré sik (lactose) ki nan lèt la. Sa rélé “lactose intolerance.”

An général moun ki gen “lactose intolerance” kapab:

- Bwè yon vè 8-ons lèt ansam ak lòt manjé. (Pa bwè lèt ak vant ou vid.)
- Manjé yogurt ou fwomaj.
- Bwè lèt san lactoz ou lèt ki gen mwens laktoz.
- Bwè lèt oubyen pwodui lèt apré-w fin pran gren anzim oubyen gout anzim.

Si ou menm ou pitit ou yo gen pwoblèm laktoz oubyen nou fè alèji ak lèt, palé ak dòktè nou oubyen koté ki ban nou swen lasanté.





**Where can I get more information?**

**Ki koté-m ka jwen plis infomasyon?**

**[www.FloridaWIC.org](http://www.FloridaWIC.org)**

**[www.choosemyplate.gov](http://www.choosemyplate.gov)**

**[www.nutrition.gov](http://www.nutrition.gov)**





## Florida Department of Health WIC Program

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Enstitisyon sa a ofri tout moun menm opòtinite a.

