

# Start Early! Stay Healthy!

Whole for One, Skim for All!

Children from the age of 2 years and older should consume skim (fat-free) milk and dairy products. Extra fat after this age is not needed!

Toddlers from ages 1-2 years should drink whole milk and/or breast milk to ensure adequate fat intake for brain development.

Babies should drink breast milk and/or formula for the first year of life to ensure proper nutrition for growth.



**Healthy  
Jacksonville**

A Healthy People 2010 Initiative