



**NEW YORK CITY DEPARTMENT OF  
HEALTH AND MENTAL HYGIENE**  
Thomas R. Frieden, MD, MPH  
*Commissioner*

**NEW YORK CITY DEPARTMENT OF  
EDUCATION**  
Joel I. Klein  
*Chancellor*

April 2009

Dear Parent/Guardian,

Obesity is the only major health problem that is getting worse in New York City. And obesity starts early — only half of our children are at a healthy weight.

As spring approaches, please consider a few simple actions you and your family can take. One easy way to improve your family's eating habits is to switch to 1% or fat-free milk.

**The Health Department and the Department of Education strongly encourage everyone ages 2 and older to drink 1% or fat-free milk rather than whole milk.** Your child is already getting 1% milk at school. Low fat (1%) milk has all the nutrition of whole milk, with 50 fewer calories and a third of the fat and saturated fat of whole milk. You can find 1% milk in most supermarkets and the Health Department is helping bodegas stock 1% milk. WIC coupons and food stamps can now be used to purchase 1% milk. Make the healthy choice. Choose 1% or fat-free milk.

There are other simple ways to improve your household diet. Consider drinking sugar-sweetened soda and juices only on special occasions, such as birthdays or holidays. Also, you should encourage your children to drink more water. New York City tap water is safe, healthy, tastes great, has no calories, and is free.

Wishing you and your family a healthy spring and summer!

Sincerely,

A handwritten signature in black ink that reads "Thomas R. Frieden".

Thomas R. Frieden, Commissioner  
NYC Health Department

A handwritten signature in black ink that reads "Joel I. Klein".

Joel I. Klein, Chancellor  
NYC Department of Education

# Moovve to 1% Milk

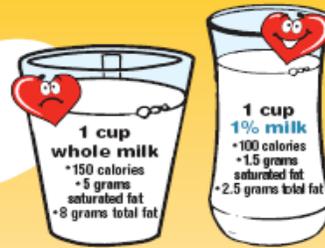
**Your Heart and Your Waistline  
Will Thank You**

## **1% Milk Tastes Good**

- In taste tests, 9 out of 10 people like 1% milk.
- Most people cannot tell the difference from whole milk.

## **1% Milk is Better for You**

- 1% milk has all the nutrition of whole milk —  
*without* the extra fat and calories.
- After age 2, 1% or less is best.



The New York City Department of Health and Mental Hygiene

