

# Testimony in Support of HB 1132

Matt Herman  
Ashley ND

A cup of skim milk, about 90 calories.

A cup of 1%, about 105 calories.

A cup of 2%, about 125 calories.

A cup of whole milk, about 150 calories.

We are NOT going to create additional obesity pandemics on a maximum of 60 calories per serving.

If skim and 1% were the solution to obesity, we wouldn't see it any longer.

Wholesome animal fats are an important part of a wholesome diet. Consumption, especially at breakfast time, leads to an enhanced feeling of being full and will lead to lower levels of consumption of all foods.

So much of what was believed to be true about nutrition and how bad fat is in the diet are simply wrong. It's the low-fat, highly processed foods and seed oils that are actually making the problem they sought to solve worse.

Let the kids have their milk.