

Choose the **RIGHT MILK**

Full-cream or toned? The debate goes on. Says Dr Rajiv Chhabra*, consultant paediatric and neonatal intensivist at Artemis Health

Institute, Gurgaon, 'Children should drink whole milk when they turn one and are weaned from breast milk as they need calories from fat as well as essential fatty acids for growth and brain development. But (they) must switch to skimmed or low-fat milk when they turn two.' He adds that healthy habits must be developed early, especially since we're facing an obesity epidemic. 'As the fat cells grow in number during childhood and merely increase in size later in life, it helps to be careful right from the start,' he says. If your child insists on having full-cream milk, cut off fat from other parts of his diet.

