

Make Milk Matter Three Times a Day

For a Sweet Treat Try Our...



**No Sugar Added Pudding
or
Non-Fat Yogurt**



Stay Slim

Research studies have shown that 3-4 servings of dairy a day promote and actually speed up fat and weight loss, especially around the mid-section.

Get Buff

Whey protein found in milk and milk products is known to be the best source of protein for building lean muscle mass.

Be Healthy

Dairy Products pack in 9 essential nutrients that help to maintain a healthy body:

Calcium	Vitamin D	Vitamin B12
Protein	Vitamin A	Niacin
Phosphorous	Potassium	Riboflavin

Prevent

Devour Dairy Three Times Daily
and Reduce Your Risk for:

Breast & Colon Cancer	Osteoporosis	Heart Disease
Obesity	Hypertension	Type II Diabetes
Cavities	Stroke	Insulin Resistance



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STEPS TO A HEALTHIER YOU