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

Prevent
Devour Dairy Three Times Daily and Reduce Your Risk for:

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

MyPyramid.gov
STEPS TO A HEALTHIER YOU