

Be Dairy Strong

Feed Your Body and Fuel Your Day with Dairy



Helps eyes see better



Promotes healthy teeth



Keeps hearts beating strong



Strengthens muscles



Builds bones



Nourishes gut health

Did You Know...

The milk you drink now builds the bones you'll have all your life

Cheese is one of the healthiest snacks for your teeth

Dairy foods have a lot of calcium!

White and chocolate milk have the same vitamins, minerals, and protein

Aim for 3 Dairy Servings a Day



1 Cup of Udder-ly Tasty Milk
Try: a milk carton at lunch



Add Some Culture with 1 Cup of Yogurt
Try: as an afterschool snack with fruit



1.5 Slices of Cheese, Please
Try: on a sandwich or by itself

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