MILK:
MORE THAN A MUSTACHE

VITAMIN A:
Assists with normal vision, healthy skin and immune system

PROTEIN:
Rebuild, maintain and repair muscles and other tissues

POTASSIUM:
Helps your muscles move and contract and keeps blood pressure in balance

VITAMIN D:
Absorbs and deposits calcium and phosphorous in your bones and teeth

CALCIUM:
Builds strong bones and teeth

PHOSPHOROUS:
Supports healthy tissue growth and strengthens bones

PANTOTHENIC ACID:
Converts carbohydrates, protein and fats to fuel

WATER:
Maintains body temperature and carries nutrients and oxygen to cells

NIACIN AND RIBOFLAVIN:
Helps cells produce energy

CARBOHYDRATES:
Produce energy to fuel your muscles

VITAMIN B-12:
Builds red blood cells and maintains the nervous system

PANTOTHENIC ACID:
Converts carbohydrates, protein and fats to fuel

WHAT'S A SERVING OF DAIRY?

3 SERVINGS OF DAIRY
A DAY FOR HEALTH

8 OZ MILK
1-1/2 OZ NATURAL CHEESE
8 OZ YOGURT