MILK...  
MORE THAN A MUSTACHE

- **CALCIUM:** Builds strong bones and teeth
- **PHOSPHOROUS:** Generates energy in cells and strengthens bones
- **WATER:** Maintains body temperature and carries nutrients and waste to cells
- **NIACIN AND RIBOFLAVIN:** Helps cells produce energy
- **CARBOHYDRATES:** Produce energy to fuel your muscles
- **VITAMIN A:** Assists with normal vision
- **PROTEIN:** Grows and builds muscles and other tissues
- **POTASSIUM:** Helps your muscles move and contract and keeps blood pressure in balance
- **VITAMIN D:** Absorbs and deposits calcium and phosphorus in your bones and teeth
- **VITAMIN B-12:** Produces red blood cells

**WHAT'S A SERVING OF DAIRY?**

- 1 oz milk
- 1/2 oz natural cheese
- 2 oz yogurt

3 SERVINGS OF DAIRY A DAY FOR HEALTH