THERE ARE 22
DAIRY FOODS HIDDEN IN
THIS PICTURE. CAN YOU
FIND THEM ALL?

WHERE'S THE DAIRY?

?

Nisit WWW.3ADAY.ORG for more fun ways to eat milk, cheese and yogurt every day!

"MOOS" YOU CAN USE

Eating 3-A-Day of Dairy is as easy as breakfast, lunch and dinner! Start your day off with a bowl of your favorite cereal with a cup of milk, munch sticks of string cheese at lunch and for a snack, have a cup of lowfat yogurt. Yum!

BE A "DAIRY DETECTIVE"

Color in all the milk, cheese and yogurt you three servings of these dairy foods everyday can do for you.

> and better bodies. Build stronger bones

can find. Score bonus points if you know what eating

milk for a dairy-licious drink! Stir in your favorite flavor like chocolate or milk with fat free favorite fruits for an







Frozen Yogurt Pops





Cheese Cube



DID YOU KNOW? Being strong isn't just about having big muscles ... you gotta have strong bones, too! Two out of three kids aren't getting the calcium they need to help build stronger bones and

> better bodies. How many servings of lowfat milk, cheese or yogurt did you eat today?

Glass of Milk

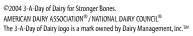












Try mixing it with

MILK IT!

strawberry. Or, have mom help you mix up lowfat

pudding and add your,

extra kick!

The Southeast United Dairy Industry Association, Inc.



