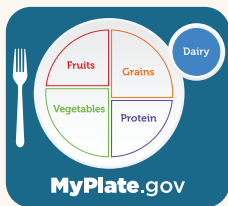


# Choose Low-Fat Dairy



LOOK FOR SKIM OR 1% MILK, YOGURT OR COTTAGE CHEESE.

Low-fat dairy provides as much calcium and vitamin D per serving as whole milk with less fat.

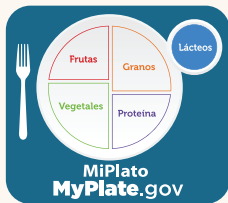


# Elija Lácteos Bajos en Grasa



BUSQUE LECHE DESCREMADA O 1% DE GRASA, YOGURT O QUESO COTTAGE.

Productos lácteos bajos en grasa ofrecen la misma cantidad de calcio y vitamina D por porción que la leche entera con menos grasa.



Evidence-based health material brought to you by Nebraska Extension.  
Material de salud basado en evidencia presentado por Nebraska Extension.