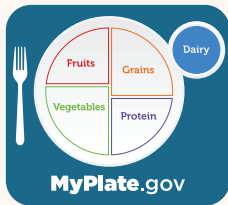


# Choose Low-Fat Dairy



Look for skim or 1% milk,  
low-fat cheese or yogurt.



Evidence-based health material brought to you by Nebraska Extension.