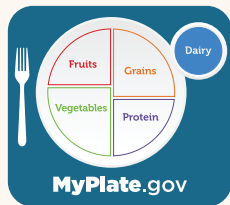


Choose Low-Fat Dairy



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.



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