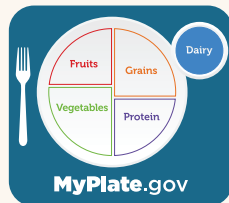


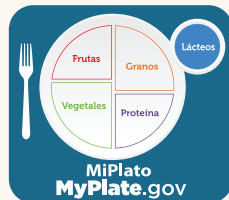
Choose Low-Fat Dairy

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



Elija Lácteos Bajos en Grasa

Busque leche descremada o 1%, queso bajo en grasa o yogur.



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