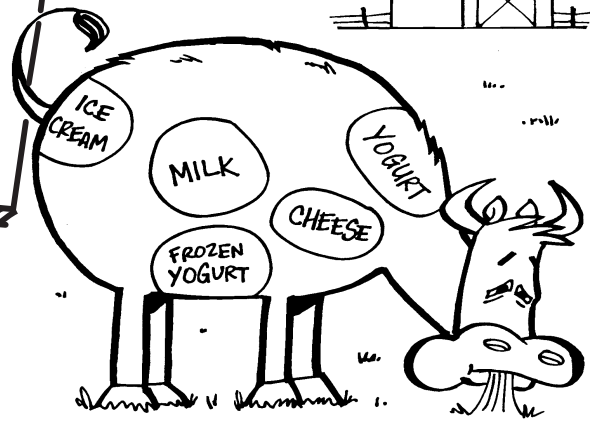
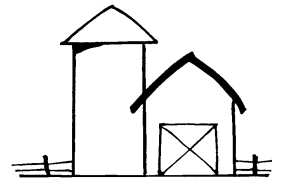
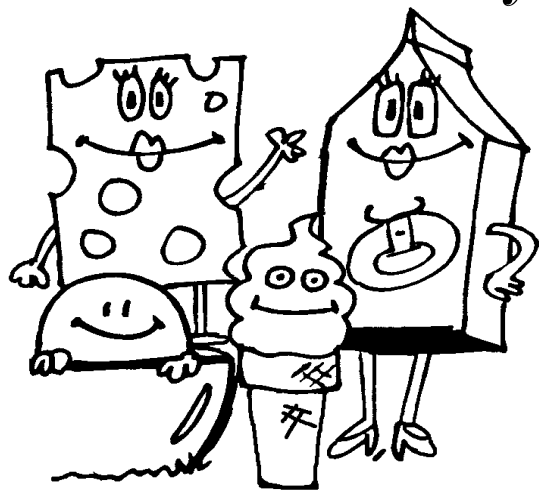


Name _____

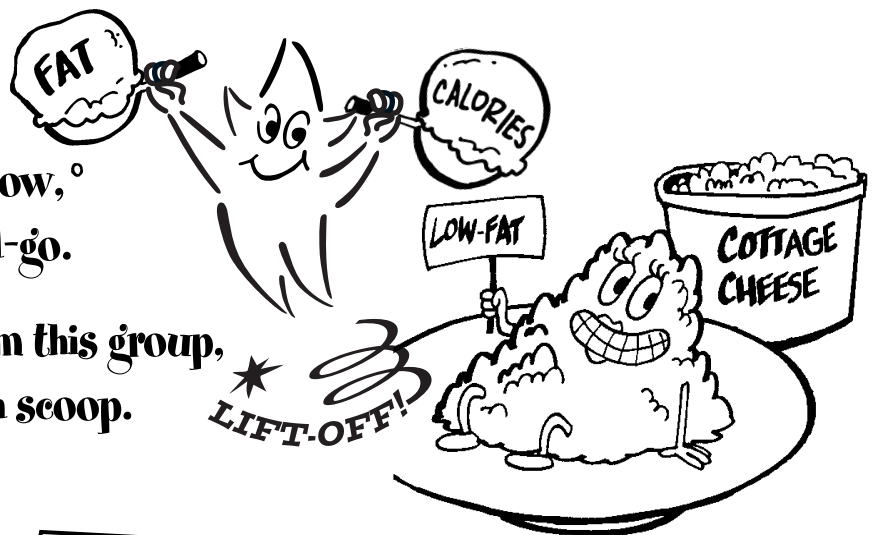


**Milk products include milk, yogurt and cheese,
Cold ice cream and frozen yogurts that please.**



**Each of these foods is good tasting indeed.
Just a little is what all bodies need.**

**A glass of milk for calcium is good,
Building strong bones and teeth in your childhood.**



**Vitamins and minerals help you grow,
Along with protein for get-up-and-go.**

**Limit whole milk foods you eat from this group,
'cause fat and calories come in each scoop.**



**Recommended Daily Amounts:
2-3 cups daily. 1 cup equals:**

- 1 cup milk or yogurt
- 2 ounces processed cheese
- 1 1/2 ounces natural cheese
- 1 1/2 cups ice cream
- 1 cup frozen yogurt



**Everyone finds it easy to agree,
With milk foods, low-fat and fat-free are key.**