



# MILK IT FOR WHAT IT'S WORTH

Get all of milk's benefits by drinking  
500 ml (2 cups) of skim, 1%, or 2% milk  
or fortified soy beverage each day.

For more information on Canada's Food Guide and making lower fat  
Milk and Alternatives a part of your day, visit...

[www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)