

# Make an **UddER** choice...

## choose milk!

### *If you want...*

- Healthy skin
- Strong bones  
and teeth
- Powerful  
muscles

### *Choose lower-fat...*

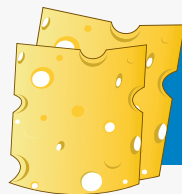
- Milk
- Chocolate milk
- Yogurt and  
cheese

### What's a Serving?

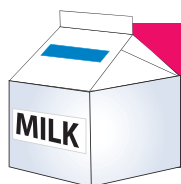
Get at least  
3 servings per day!



Yogurt (3/4 cup or 175 ml)



Cheese (2 slices, or a cube the size of  
3 stacked dominoes)



White or Chocolate Milk  
(1 - 250 ml carton OR 1 glass = 250 ml of milk)