

THERE ARE 22 DAIRY FOODS HIDDEN IN THIS PICTURE. CAN YOU FIND THEM ALL?

WHERE'S THE DAIRY?

Visit WWW.3ADAY.ORG for more fun ways to eat milk, cheese and yogurt every day!

"MOOS" YOU CAN USE

Eating 3-A-Day of Dairy is as easy as breakfast, lunch and dinner! Start your day off with a bowl of your favorite cereal with a cup of milk, munch sticks of string cheese at lunch and for a snack, have a cup of lowfat yogurt. Yum!

BE A "DAIRY DETECTIVE"

Color in all the milk, cheese and yogurt you can find. Score bonus points if you know what eating three servings of these dairy foods everyday can do for you.

Answer:
Build stronger bones
and better bodies.



KEY

Swiss Cheese Slice



Frozen Yogurt Pops

Cheese Wheels



Cheese Cube

Glass of Milk



American Cheese Slice



String Cheese



Milk Bottle



Yogurt cups



Milk Gallon



MILK IT!

Try mixing it with milk for a dairy-licious drink! Stir in your favorite flavor like chocolate or strawberry. Or, have mom help you mix up lowfat milk with fat free pudding and add your favorite fruits for an extra kick!

DID YOU KNOW?

Being strong isn't just about having big muscles ... you gotta have strong bones, too! Two out of three kids aren't getting the calcium they need to help build stronger bones and better bodies. How many servings of lowfat milk, cheese or yogurt did you eat today?