

DO YOU DAIRY?

D

Dairy contains vitamin D which works with Calcium and Phosphorous (also found in dairy) to provide optimal bone health.

A

All that fat? Studies show people who eat dairy higher in fat tend to be leaner. It fills you up and slows down sugar release, preventing overeating & crashes.

I

Include dairy many ways. Whether you drink milk, kefir, have yogurt or cheese as a snack, or ice cream for that special treat, dairy can be incorporated into a healthy diet easily!

R

Are you physically active? Right after an intense workout, dairy is one of the best food items to replenish your body with. It contains fluid, electrolytes, carbs, and protein! 4 in 1!

Y

Yogurt contains one of the few sources of live active cultures, or probiotics, which are essential for gut health. Go for Greek yogurt to add lean protein to your diet.

**What are you waiting for?
Start enjoying all the benefits of dairy today!**

