



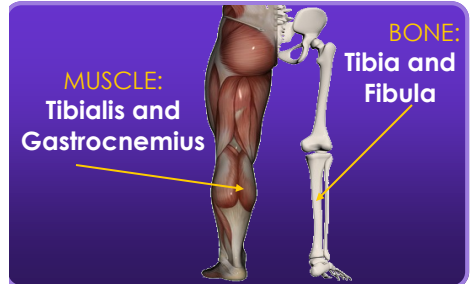
by Stretch-n-Grow



DELICIOUS DAIRY

Discover Dairy Foods

3 Servings: The amount of dairy you should consume each day, according to the Dietary Guidelines for Americans.



Yogurt

100,000,000

live, good-for-your-gut bacteria (probiotics) in one cup of yogurt.

9

The number of essential amino acids in yogurt. That makes it a high-quality, complete protein—like meat, fish and quinoa.



SIZE MATTERS! 8 OUNCES = A FULL SERVING OF YOGURT. MOST SINGLE-SERVING PACKAGES ARE JUST 6 OUNCES, SO CHECK THE LABEL OR BUY IN LARGER TUBS.

Cheese



A 1.5-ounce serving of Cheddar cheese contains:



1 SERVING OF CHEESE = 4 DICE-SIZED CUBES

306 milligrams of calcium, the same as a glass of milk!
Necessary nutrients such as vitamin A, zinc and phosphorus.
10.5 grams of protein, the same as 1.5 ounces of roast turkey.

Milk

Milk: The Ultimate

100

CALORIE* SNACK PACK!
*8 ounces of fat-free or 1% milk.

It Makes Good Cents!



Consider milk your refrigerator's secret weapon—each serving is about 25 cents and provides an irreplaceable package of nutrients.

The Freshest Beverage

Milk goes from cow to the dairy aisle in just two days, making it the freshest, most natural beverage.

2 days



MOTOR SKILL

FOCUS

Tip Toe Walking
(Locomotor)



YOGA POSE

Riding Bike



MINDFULNESS - A Covid legacy



As we get back to a new 'normality' we should ensure that we have a positive legacy post-covid. One such legacy could be being more aware of mental health. Mindfulness is a skill that no one is too young to learn. <https://positivepsychology.com/>