HAVE YOU HAD YOUR 3-A-DAY OF DAIRY?

www.3aday.org

name	monday	tuesday	wednesday	thursday	friday	saturday	sunday
	MILK ☐ CHEESE ☐ YOGURT ☐	MILK ☐ CHEESE ☐ YOGURT ☐	MILK ☐ CHEESE ☐ YOGURT ☐	MILK ☐ CHEESE ☐ YOGURT ☐	MILK ☐ CHEESE ☐ YOGURT ☐	MILK ☐ CHEESE ☐ YOGURT ☐	MILK ☐ CHEESE ☐ YOGURT ☐
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HOW TO GET 3-A-DAY

1. Look for the 3-A-Day logo on packages of milk, cheese and yogurt.
2. Eat your favorite flavors of great-tasting milk, snackable cheeses and portable yogurt.
3. Take a "3 p.m. break" of milk, cheese and/or yogurt everyday to tally daily dairy servings.

The dairy case has something for everyone - from fat free to reduced fat varieties, families can choose milk, cheese or yogurt products to meet everyone's taste and nutritional needs.

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