

|                  |                  |                      |                    |                                                     |
|------------------|------------------|----------------------|--------------------|-----------------------------------------------------|
| <b>B</b>         | <b>I</b>         | <b>N</b>             | <b>G</b>           | <b>O</b>                                            |
| Vitamin<br>A     | 2% Milk          | 1% Milk              | Cottage<br>Cheese  | Skim<br>Milk                                        |
| Ice<br>Cream     | Butter           | Swiss<br>Cheese      | Nutrition<br>Label | 3 Glasses of<br>Milk or Milk<br>Products per<br>day |
| Serving<br>Size  | String<br>Cheese | <b>FREE</b>          | Vitamin<br>D       | 8 oz.<br>glass of<br>low-fat<br>milk                |
| Frozen<br>Yogurt | Greek<br>Yogurt  | Squeezable<br>Yogurt | Holstein           | Saturated<br>Fat                                    |
| Creamer          | Cream<br>Cheese  | Mozzarella<br>Cheese | Butter             | Muenster<br>Cheese                                  |

|                 |                      |                                            |                        |                   |
|-----------------|----------------------|--------------------------------------------|------------------------|-------------------|
| <b>B</b>        | <b>I</b>             | <b>N</b>                                   | <b>G</b>               | <b>O</b>          |
| Ice Cream       | Holstein             | 3 Glasses of Milk or Milk Products per day | Strong Bones and Teeth | American Cheese   |
| Skim Milk       | Frozen Yogurt        | 8 oz. glass of low-fat milk                | Greek Yogurt           | Swiss Cheese      |
| Vitamin D       | 2% Milk              | <b>FREE</b>                                | Nutrition Label        | Mozzarella Cheese |
| Muenster Cheese | Guernsey             | Calcium                                    | Cottage Cheese         | Parmesan Cheese   |
| Serving Size    | Strawberry Milkshake | Butter                                     | Saturated Fat          | Butter            |

|               |                   |                 |                |                                            |
|---------------|-------------------|-----------------|----------------|--------------------------------------------|
| <b>B</b>      | <b>I</b>          | <b>N</b>        | <b>G</b>       | <b>O</b>                                   |
| Saturated Fat | Mozzarella Cheese | Muenster Cheese | 2% Milk        | Frozen Yogurt                              |
| 1% Milk       | Holstein          | Butter          | Vitamin A      | American Cheese                            |
| Yogurt        | Whole Milk        | <b>FREE</b>     | Calcium        | 3 Glasses of Milk or Milk Products per day |
| Skim Milk     | Nutrition Label   | Chocolate Milk  | Vitamin D      | Ice Cream                                  |
| Butter        | Serving Size      | Greek Yogurt    | Cottage Cheese | 8 oz. glass of low-fat milk                |