

Vitamin D	2% Milk	1% Milk	Collard Greens	Spinach
Nutrition Label	Butter	Tofu	Saturated Fat	3 Glasses of Milk or Milk Products per day
Strong Bones and Teeth	White Beans	FREE	8 oz. glass of low-fat milk	Ice Cream
Swiss Cheese	Lentils	Strawberry Milkshake	Mozzarella Cheese	Skim Milk
Soy Milk	Frozen Yogurt	Cream Cheese	Parmesan Cheese	Cottage Cheese

American Cheese	Broccoli	Rice Milk	Nutrition Label	Muenster Cheese
8 oz. glass of low-fat milk	Swiss Cheese	Squeezable Yogurt	Ice Cream	Kale
Tofu	3 Glasses of Milk or Milk Products per day	FREE	White Beans	2% Milk
Saturated Fat	Spinach	Parmesan Cheese	Lentils	Calcium
Collard Greens	Skim Milk	Soy Milk	Serving Size	String Cheese

American Cheese	Butter	Skim Milk	Nutrition Label	Butter
Soy Milk	Parmesan Cheese	2% Milk	Ice Cream	1% Milk
Muenster Cheese	Rice Milk	FREE	Vitamin D	Broccoli
Yogurt	Whole Milk	Calcium	8 oz. glass of low-fat milk	Squeezable Yogurt
Saturated Fat	Chocolate Milk	White Beans	3 Glasses of Milk or Milk Products per day	Spinach