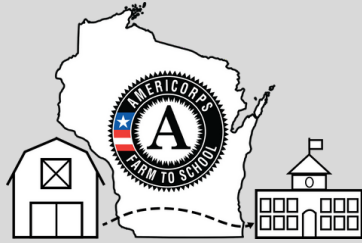


MILK

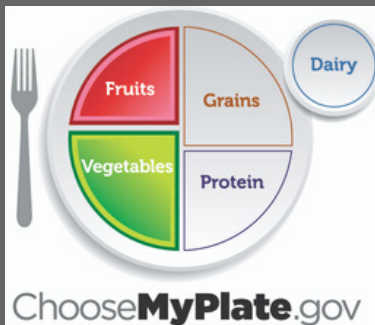


FortHealthCare.com/farmtoschool



WHY ITS GOOD!

- Milk has long been seen as a healthy drink, because it is high in a range of nutrients.
- Calcium helps to strengthen our bones.
- Cow's milk is fortified with vitamin D, which also benefits bone health. Calcium and vitamin D help prevent osteoporosis.
- Milk also is a source of potassium and can reduce blood pressure



**MAKE HALF
YOUR PLATE
FRUITS & VEGGIES**

BEST WAYS TO DRINK IT

- Milk for most is commonly drank in cereal and as a beverage for breakfast
- Milk can also be a great tool to use for cooking and baking
- Smoothies are a great way to incorporate milk and include other nutrients as well

