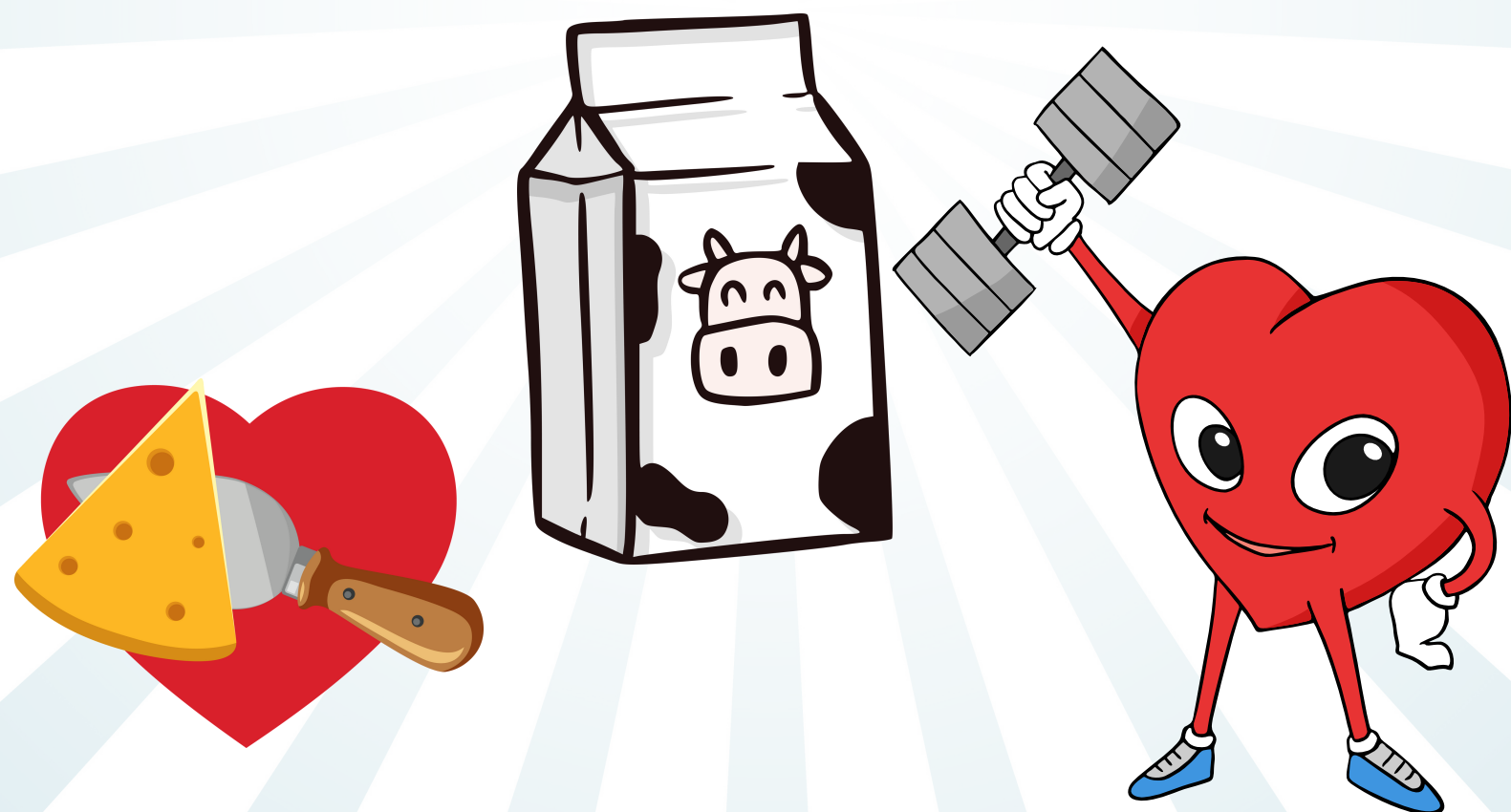


Heart Health & Dairy Foods

Not only do dairy products contain an abundance of essential nutrients, but dairy foods can assist in maintaining a healthy heart!

According to the American Heart Association, choose 2-3 cups a day of “fat-free” or “low-fat” dairy products to help maintain a healthy heart.



Courtesy of The American Heart Association.



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