

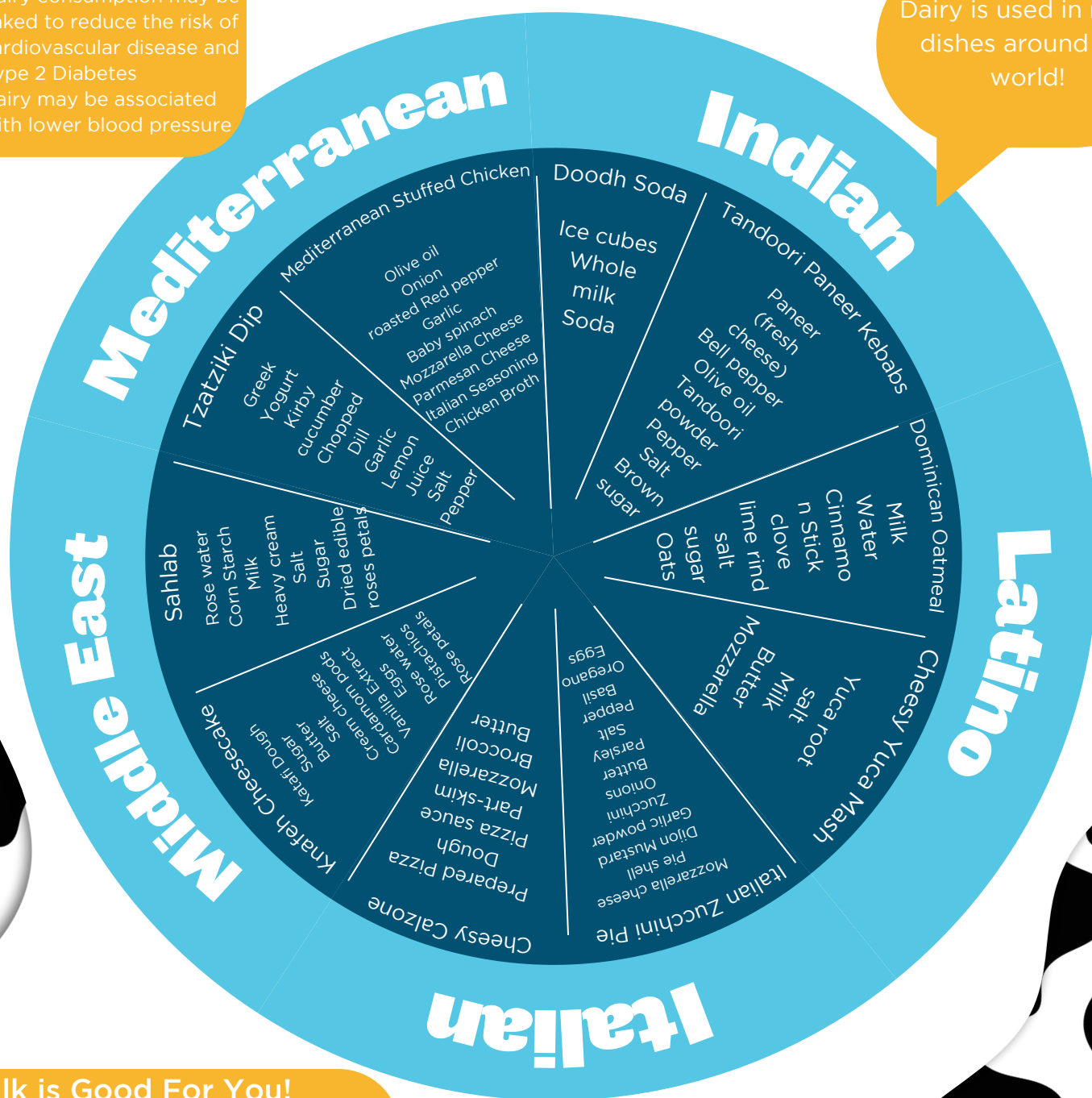
Dairy

World of Flavors

Did you know?

- Dairy consumption may be linked to reduce the risk of cardiovascular disease and Type 2 Diabetes
- Dairy may be associated with lower blood pressure

Dairy is used in many dishes around the world!



Milk is Good For You!

- Milk contains 25% of the daily value of calcium, 20% of the daily value of phosphorus, and 50% of the daily value of vitamin B12.

Recipes courtesy of savorrecipes.com



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