

MILK & OTHER
DAIRY FOODS HELP
BUILD STRONG
BONES & HEALTHY



24" x 18" poster features 3-A-Day of Dairy.

CALCIUM
BUILDS STRONG
BONES AND TEETH.

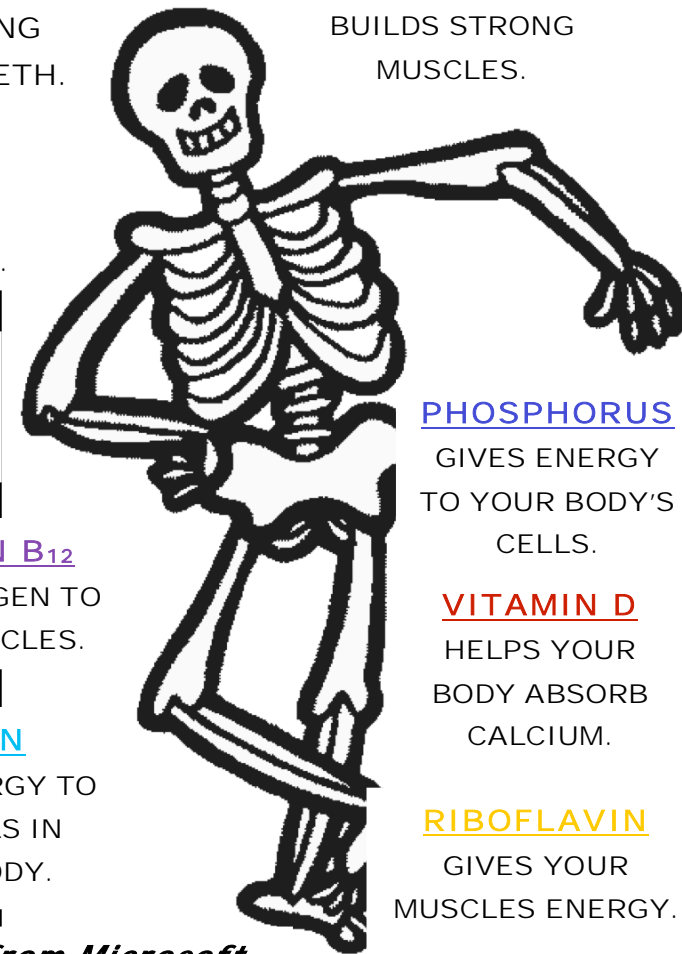
PROTEIN
BUILDS STRONG
MUSCLES.

POTASSIUM
HELPS YOUR
MUSCLES FLEX.

VITAMIN A
HELPS YOU SEE
CLEARLY.

VITAMIN B₁₂
GIVES OXYGEN TO
YOUR MUSCLES.

NIACIN
GIVES ENERGY TO
THE CELLS IN
YOUR BODY.



PHOSPHORUS
GIVES ENERGY
TO YOUR BODY'S
CELLS.

VITAMIN D
HELPS YOUR
BODY ABSORB
CALCIUM.

RIBOFLAVIN
GIVES YOUR
MUSCLES ENERGY.



Ordering information:

<http://www.indianadairycouncil.org/eCommerce/>

*Image of skeleton obtained from Microsoft
Word's clip art.*