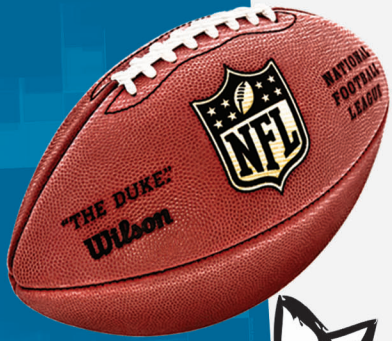


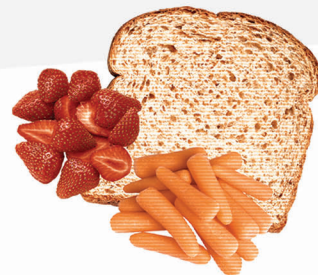


Build a Healthy Skeleton!

Get moving for at least 60 minutes a day to keep your bones strong and healthy!<sup>1</sup>



1. Miller, G.D., J.K. Jarvis, and L.D. McBean. Handbook of Dairy Foods and Nutrition. Boca Raton, FL: CRC Press, 3rd edition.



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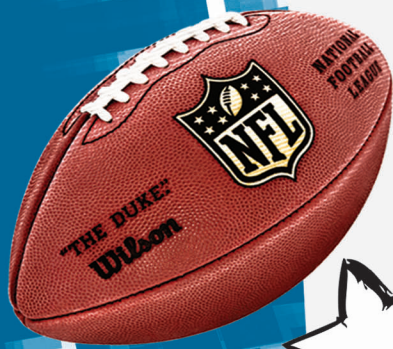
THE NFL MOVEMENT FOR AN ACTIVE GENERATION

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Build a Healthy Skeleton!



Be active and drink low-fat and fat-free milk every day for strong bones! <sup>1</sup>

1. Miller, G.D., J.K. Jarvis, and L.D. McBean. Handbook of Dairy Foods and Nutrition. Boca Raton, FL: CRC Press, 3rd edition.



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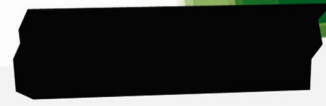
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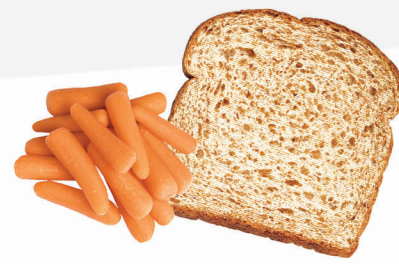
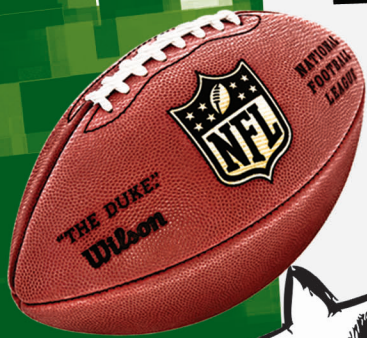
Fuel Up is a service mark of National Dairy Council\*





Build a Healthy Skeleton!

Drink three servings of low-fat & fat-free milk and dairy products every day for healthy teeth!<sup>1</sup>



1. Miller, G.D., J.K. Jarvis, and L.D. McBean. Handbook of Dairy Foods and Nutrition. Boca Raton, FL: CRC Press, 3rd edition.

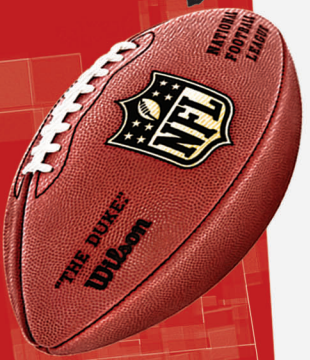






Build a Healthy Skeleton!

Low-fat & fat-free milk and milk products are rich in calcium, magnesium, phosphorus, potassium, protein and vitamin D to keep your bones healthy and strong!<sup>1</sup>



1. Miller G.D., J.K. Jarvis, and L.D. McBean. Handbook of Dairy Foods and Nutrition. Boca Raton, FL: CRC Press, 3rd edition.

