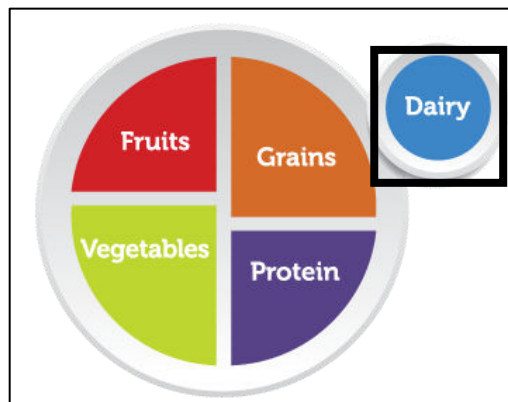


Dairy

Milk, cheese, and yogurt are all dairy products.



Dairy is part of a healthy plate and helps us stay strong.



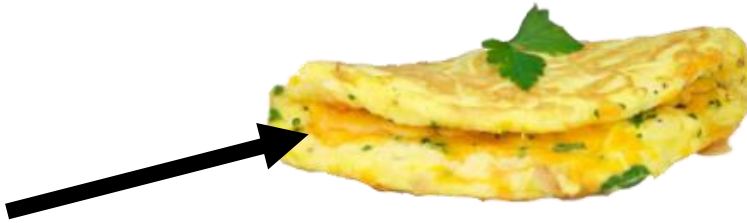
Not everyone can drink milk or eat cheese.

They can have soy milk, almond milk, tofu, and cheese made from nuts or soy!



I can have dairy at every meal and make healthy choices!

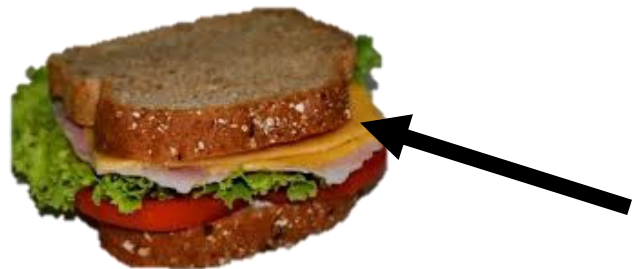
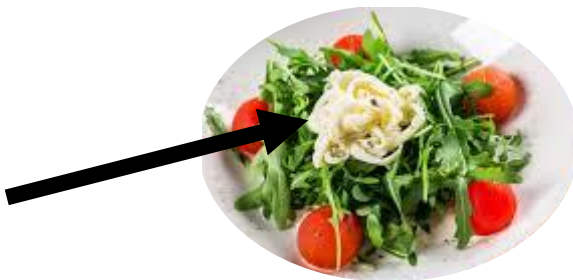
I can add cheese to my eggs at breakfast.



I can have yogurt as a snack.



I can add cheese to my salad or sandwich at lunch.



I can have a glass of milk with dinner.



Eating the right amounts and different kinds of foods keeps me healthy!