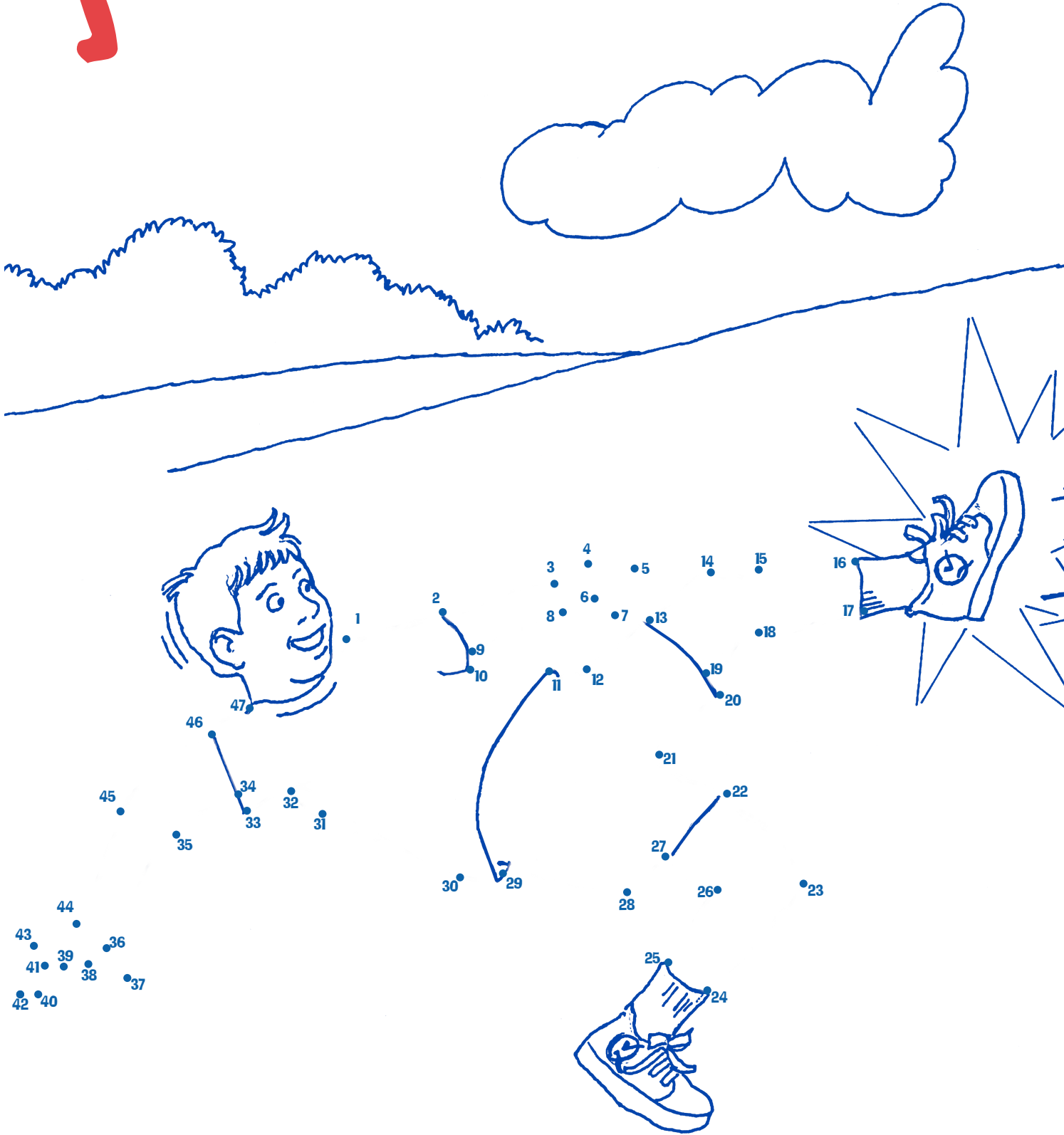


Go ooooooo aaaa!

Complete the dots to see the action. Give yourself 2 pints.

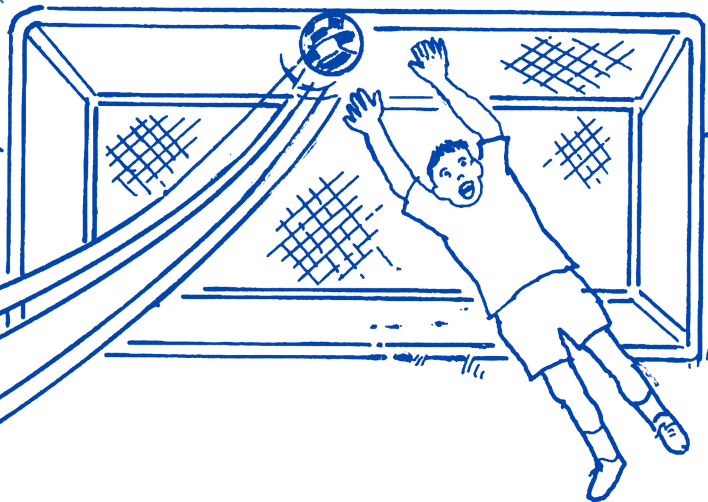
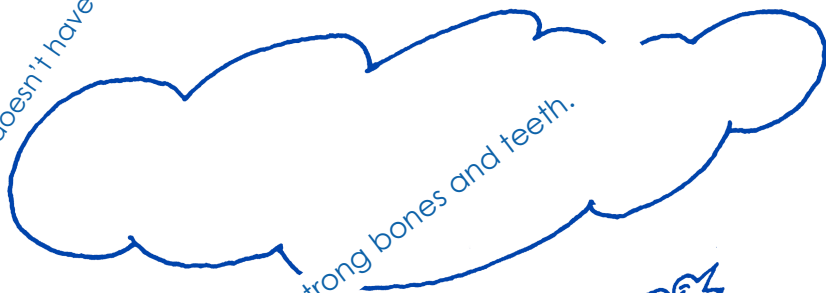


Amazing but true: Cows can eat 100 pounds of grass and a bathtub full of water a day! (And as much as they might like to, cows cannot burp.)

Amazing but true: Cows spend an average 6 hours a day eating and 8 hours chewing their cud.

Milk has more vitamins and minerals than a sports drink (soda doesn't have any!).

Dairy products are full of calcium, a mineral that helps build strong bones and teeth.



All milk has the same basic good-for-you vitamins and minerals,

whether it's whole, low-fat, fat-free, chocolate, strawberry, or orange crème.

Nothing tastes better than a cold glass of milk after a long game!

An 8-oz. glass of milk provides: 20% of the riboflavin, 13% of the vitamin B-12, 30% of the calcium, 25% of the vitamin D, 16% of the protein, and 11% of the potassium that kids need every day.

Q: Where do baby cows eat? A: In the cafeteria.

Amazing but true: Dairy products make up 29% of all food consumed in the United States.