

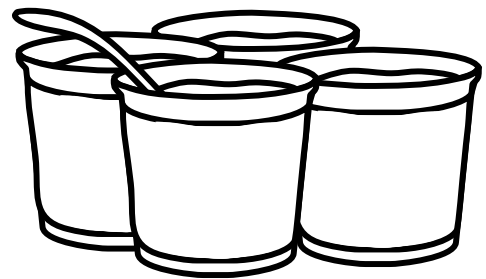
Milk, Yogurt & Cheese

Dairy products contain calcium, protein and riboflavin for your body. This helps to give you strong bones and teeth. Always try to choose dairy products that are low in fat when it is possible.

Milk



Yogurt



Cheese

