

Dairy Protein Power

**Milk,
Cheese,
& Yogurt** = **High
Quality
Protein**

Include 3 servings of dairy every day to add protein to your diet.

Nature's Sports Drink

Made up of over 85% water, plus carbohydrates, protein, and 8 other essential nutrients, you can recover and rehydrate with milk.



Power Your Day

Breakfast is the most important meal of the day because you need to refuel your body after a night of sleep. Adding dairy to your breakfast, which is typically lower in protein than other meals, can help you optimize the benefits of high quality protein.



Naturally Sweet

Like fructose in fruit, lactose is milk's natural sugar. Combine it with casein and whey, the proteins in milk, and you have a tasty, powerhouse beverage.



At about 25¢ per 8 oz. serving, milk is a nutritional bargain, providing 8 grams of high quality protein.



Milk is Local

Most milk goes from farm to table in just 3 days, making it a fresh and wholesome source of high quality protein.



For more information on dairy protein, please visit www.MilkMeansMore.org