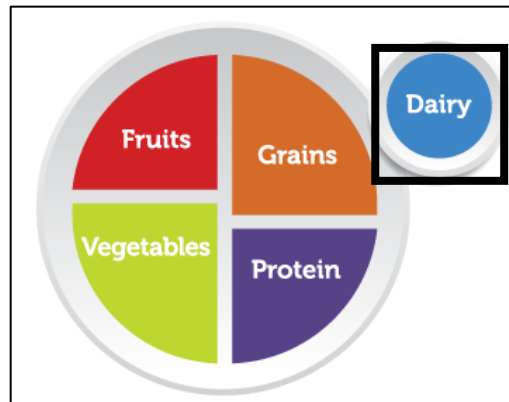


# Dairy

Milk, cheese, and yogurt are all dairy products.



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



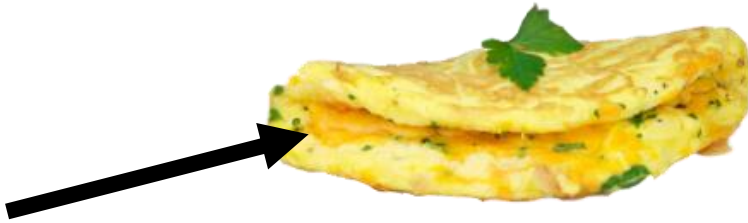
Not everyone can drink milk or eat cheese.

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!**

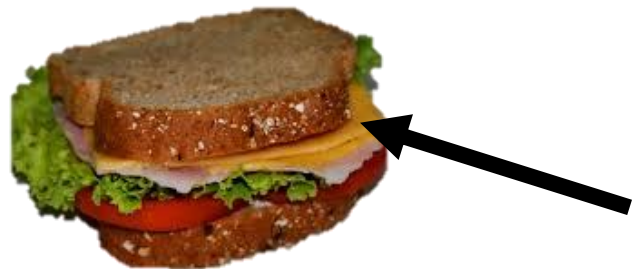
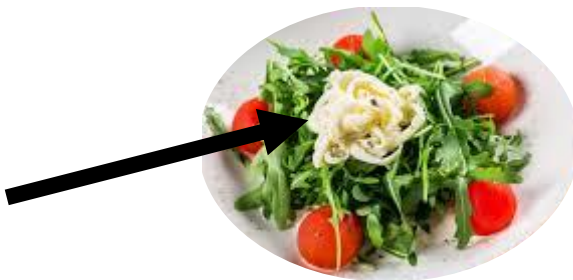
**I can add cheese to my eggs at breakfast.**



**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!**