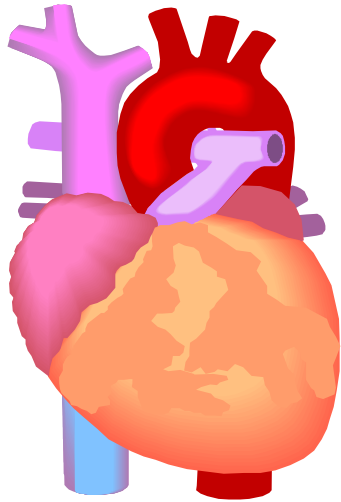




**Winking Cow**  
ENAFS Program  
University of Florida IFAS Extension

**Cancer**

**Diabetes**



**Heart Disease**

**Obesity**



**Stroke**

**Calcium**

**Protein**



**Vitamin D**

**Lactose is milk sugar.**

**Lactase breaks it down.**

**Don't have lactase? Then  
you're lactose intolerant.**





**Lowfat (1%) Milk**

**Fat Free Milk**