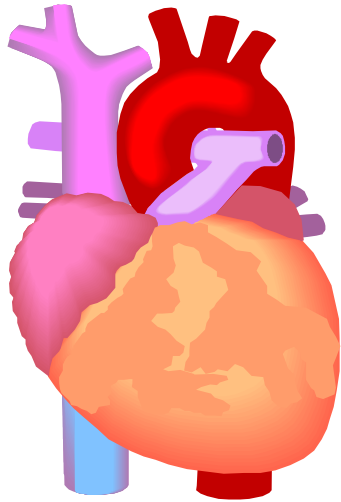




Winking Cow
ENAFS Program
University of Florida IFAS Extension

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