Milk
Which do you buy?
Which is the

**Fresh Milk**

- Helps you grow.
- Helps you look good.
- Helps you feel well.
- Gives you pep.
- Builds strong bones and teeth.
- Must be kept cold all the time.
- Costs _____ ¢ a quart.
Nonfat Dry Milk

- Helps you grow.
- Helps you look good.
- Helps you feel well.
- Gives you pep.
- Builds strong bones and teeth.
- Can be stored on a shelf until mixed. Must be kept cold after mixing.
- Costs _____ ¢ a quart.
Everyone needs milk.

Your family needs this much milk every day.

Children 1 to 3 years old
2 to 3 servings

4 to 8 years old
3 servings

9 to 18 years old
4 servings

Adults over 19 years old
3 servings

Pregnant and nursing females
4 servings

Evelyn F. Crayton, Extension Foods and Nutrition Specialist, Professor, Nutrition and Food Science, Auburn University.

For more information, call your county Extension office. Look in your telephone directory under your county’s name to find the number.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, by the Alabama Cooperative Extension System (Alabama A&M University and Auburn University) 5M06, Revised May 2003, HE-154

© 2003 by Alabama Cooperative Extension System. All rights reserved.