



American
Heart
Association

For Fiber and 10% Lower Cholesterol, choose American Heart Association Best Brands for saturated fat and cholesterol for healthy people over age 2.

got milk?

Hot mama.

Even in my role as mom, I want to look great. So I drink milk. Studies suggest that people who drink milk regularly tend to weigh less and have less body fat than those who don't. So raise a glass and let milk play its part.

24/24 milk your diet. Lose weight!

2424milk.com