

got milk?

All figured out.

Motherhood brings fulfillment, and also extra pounds. When you're ready to lose them, here's a clue: it's not just about what you eat. Some studies suggest the calcium and nutrients in milk can play an important role in healthy weight loss. So stay active and drink 24 ounces of lowfat or fat free milk every 24 hours. Case closed.

think about  your drink.

Milk your diet. Lose weight.