

Chef Solus Milk Mates - Meet the Milk Group!

We keep
your teeth and
bones strong!



Hello!
We are the Milk
Group!



Have milk or
milk foods 2-3
times every day!



Drink
low fat or nonfat
milk or milk foods
and your heart
will be happy!



Ice cream
is a tasty
once in a while
milk food.



Cream,
cream cheese
and butter are
not part of the
milk group.

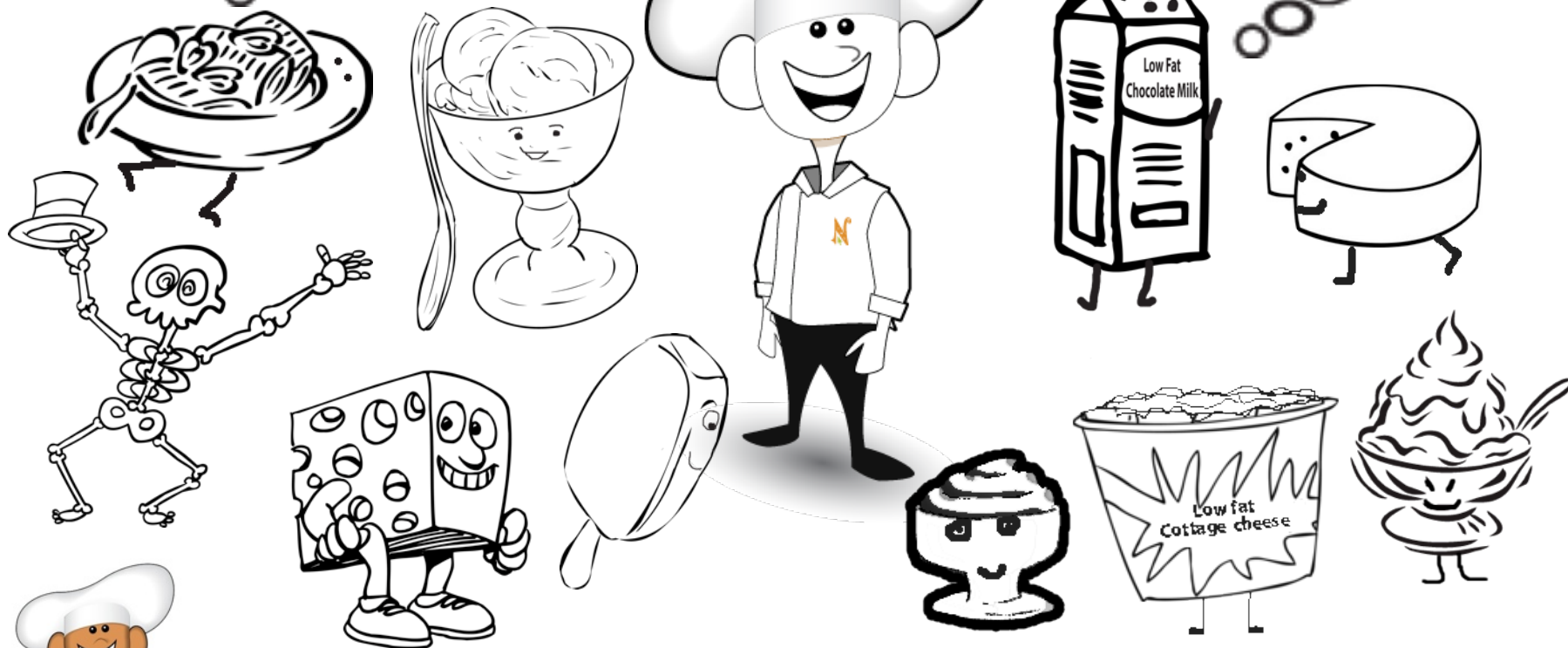


Chef Solus Milk Mates - Meet the Milk Group!

Low fat or skim milk go great with cereal and oatmeal.

Meet my Milk Mates,
the Milk Group.
Have milk at every meal and
you will keep your bones growing!
Please color my friends.

Drink milk
instead of
sugary drinks
and avoid
cavities!



Visit www.ChefSolus.com for Free [online nutrition games](#), healthy interactive tools, [food group worksheets](#) and activities, recipes and tips!

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