

HEART HEALTH & DAIRY FOODS

DID YOU KNOW?

Not only do dairy products contain an abundance of essential nutrients, but dairy foods can assist in maintaining a healthy heart!

ACCORDING TO THE AMERICAN HEART ASSOCIATION:

Choose **2-3 cups** a day of “fat-free” or “low-fat” dairy products to help maintain a healthy heart.



American
Heart
Association®

Content courtesy of American Heart Association
For more information, visit www.nevadamilk.com