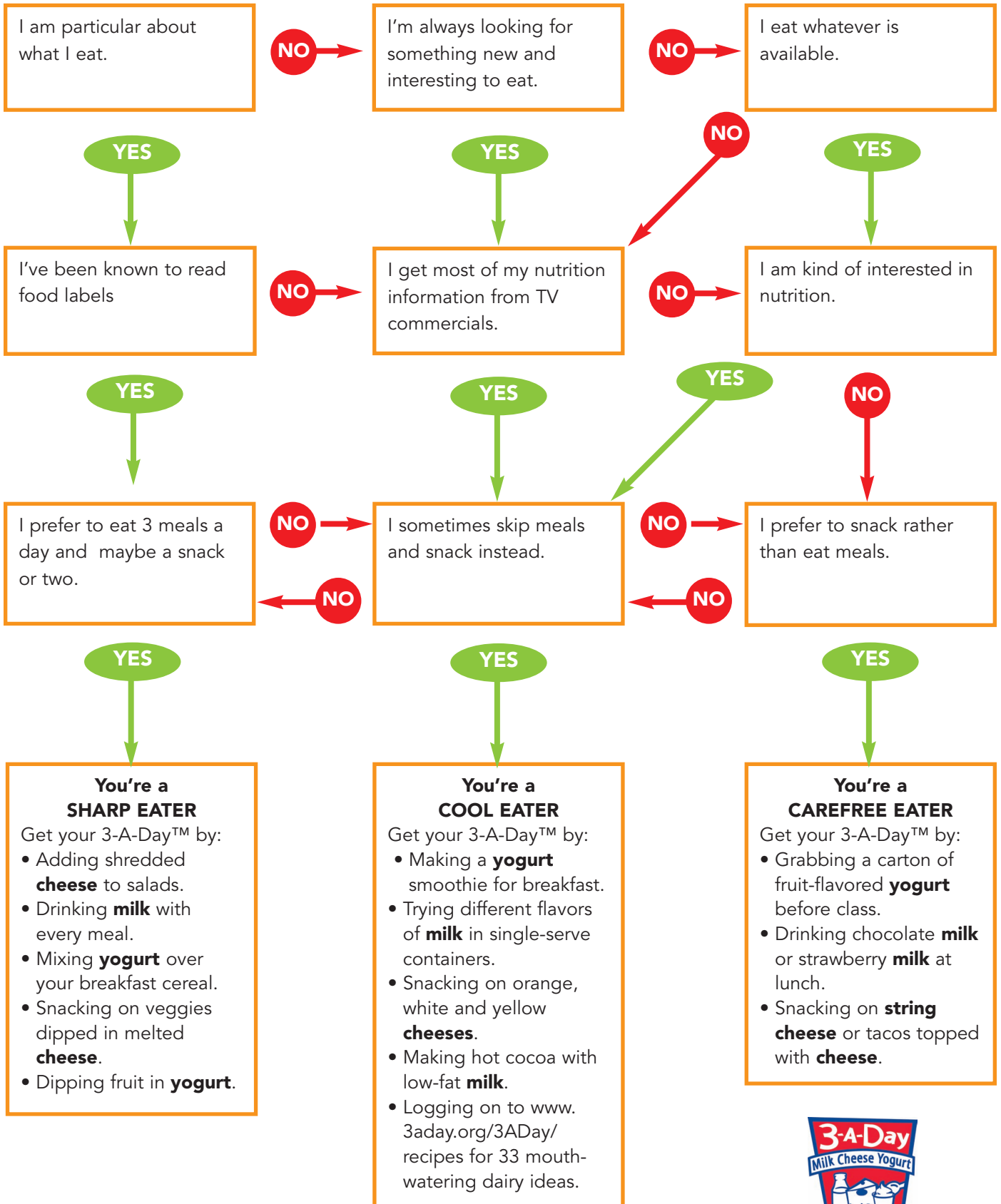


What's Your Eating Style?



You're a SHARP EATER
 Get your 3-A-Day™ by:

- Adding shredded **cheese** to salads.
- Drinking **milk** with every meal.
- Mixing **yogurt** over your breakfast cereal.
- Snacking on veggies dipped in melted **cheese**.
- Dipping fruit in **yogurt**.

You're a COOL EATER
 Get your 3-A-Day™ by:

- Making a **yogurt** smoothie for breakfast.
- Trying different flavors of **milk** in single-serve containers.
- Snacking on orange, white and yellow **cheeses**.
- Making hot cocoa with low-fat **milk**.
- Logging on to www.3aday.org/3ADay/ recipes for 33 mouth-watering dairy ideas.

You're a CAREFREE EATER
 Get your 3-A-Day™ by:

- Grabbing a carton of fruit-flavored **yogurt** before class.
- Drinking chocolate **milk** or strawberry **milk** at lunch.
- Snacking on **string cheese** or tacos topped with **cheese**.

