

**MILK HEALTH NOTE**

**THE RIGHT AMOUNT, THE RIGHT WAY**

**16  
oz**

**Right  
Amount**



**Healthy  
Weight**

**Learns  
Better**



**Too Much Can  
Lead To**



**Learning  
Problems**

**Unhealthy  
Weight**

**CUPS FOR KIDS**

**MILK HEALTH NOTE**

**THE RIGHT AMOUNT, THE RIGHT WAY**

**16  
oz**

**PROTECTED**



**Healthy  
Teeth  
& Gums**



**Better  
Speech  
& Eating**



**UNPROTECTED**



**Speech &  
Eating  
Problems**



**Poor  
Dental  
Health**

**CUPS FOR KIDS**