



Program Of
MONTANA'S
BIG SKY
STATE GAMES

Presenting Sponsor



Week 4 Feb. 23-27

Breakfast Makes a Difference

DID YOU KNOW?

You Should Drink Milk With Every Meal?

- *Milk is a power beverage as it contains protein, calcium and Vitamin D to help your body to build strong bones, healthy teeth, and happy bodies. It will also help you maintain a healthy weight. Three - 8 ounce servings are recommended per day- thus the 3 a day campaign -www.3aday.org
- *Don't like white milk? Try low-fat flavored milk such as chocolate, strawberry, or vanilla. Other ways to enjoy milk is by adding it to a fruit smoothie packed with delicious fruit and yogurt or make hot chocolate or a flavored steamer. A steamer is hot milk mixed with a flavoring of your choice; try vanilla or sugar-free hazelnut flavoring.
- *If you are allergic to milk or can't tolerate it, talk to a health professional for a milk substitute or ideas to get the key nutrients found in milk.
- *Select low fat or fat free milk for keeping your heart healthy.

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