

# FUEL your FUN!

Make memories with the goodness of dairy

Hang on!

See how your favorite dairy foods provide **FUNCTIONal** benefits for the whole family.

When life is stressful, **reset** with the simple nutrition in dairy

Ridin' easy!

Get energy & focus with protein

Lookin' sharp!

Protein helps build & repair lean muscle

Major flex!

Feelin' good!

Yogurt is linked to improved digestive health

Straight chillin'!

Protein keeps your family full longer

Calcium helps build & maintain strong bones

Stay strong!

Let's go!

Boost immunity with protein, zinc, vitamins A & D

## Get moving with dairy!

Find fun snack & recipe ideas for your family at [USDairy.com/recipes](https://www.usdairy.com/recipes)

