

got milk?



Model mom.

From the runway to my driveway, there's one look that's always in style. Studies suggest the nutrients in 3 glasses of lowfat or fat free milk a day can help you maintain a healthy weight. And the protein helps build muscle for a lean body. Which makes it a perfect fit for you and your family.

milk your diet

[whymilk.com](http://whymilk.com)