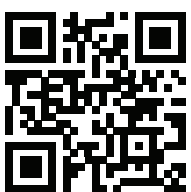


Lower Your Risk of Cardiovascular Disease and Stroke

With 3 Daily Servings of Milk, Cheese and Yogurt¹⁻³

Real dairy milk supports heart health and is packed with **13 essential nutrients.**



Does milk bother your stomach?

You may be lactose intolerant. Scan the QR code to find low-lactose recipes and other ways to enjoy dairy comfortably.

[DairyDiscoveryZone.com/Heart-Health](https://www.dairydiscoveryzone.com/Heart-Health)

1. Dehghan M et al. Association of dairy intake with cardiovascular disease and mortality in 21 countries from five continents (PURE): a prospective cohort study. The Lancet 2018;392:2288-2297. 2. Chen GC, Wang Y, Tong X, Szeto IMY, Smit G, Li ZN, Qin LQ. Cheese consumption and risk of cardiovascular disease: a meta-analysis of prospective studies. Eur J Nutr. 2017;56(8):2565-2575. 3. Alexander DD et al. Dairy consumption and CVD: a systematic review and meta-analysis. Br J Nutr 2016;115:737-750.