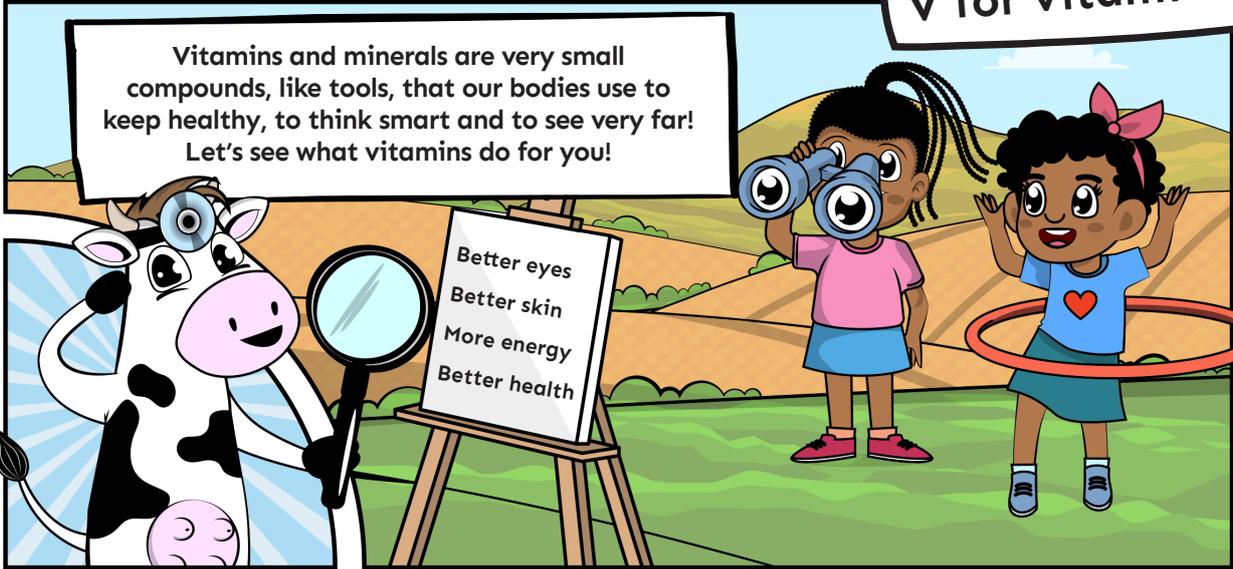
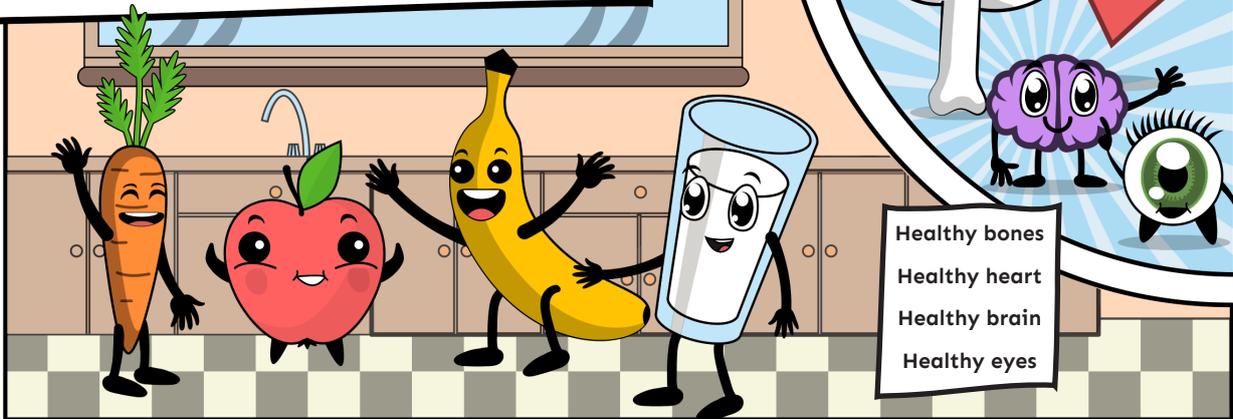


# Dairy as part of a healthy meal

V for vitamins!



We get different vitamins from the different foods we eat. Fresh foods like vegetables, fruit and milk are very good sources of vitamins. Milk gives us vitamin A and vitamin B2 and vitamin B12.



You should try to eat healthy every day, not only when you don't feel that good. We should choose healthy foods, including milk, maas, and yoghurt.

