

# Level Up Your Meal With Milk

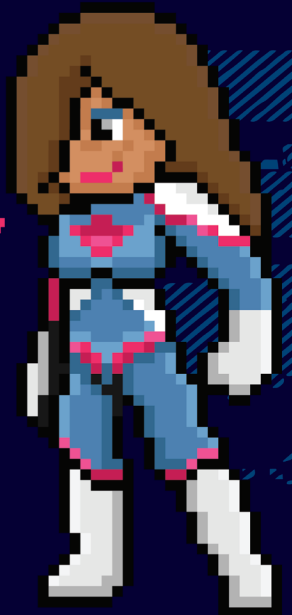


## Close the gap.

Calcium and vitamin D build strong bones and teeth and are nutrients that teens don't get enough of.



If milk makes your tummy rumble, try lactose-free milk.



## Add Milk, Boost Your Meal Power!

### VEGGIE BURGER, CAESAR SALAD, & APPLE

PROTEIN  
(GRAMS) **22**

VITAMIN D  
(IU) **2**

CALCIUM  
(MG) **179**

### WITH 8OZ 1% PLAIN, FLAVORED, OR LACTOSE-FREE MILK

PROTEIN  
(GRAMS) **30** 🏆

VITAMIN D  
(IU) **106** 🏆

CALCIUM  
(MG) **489** 🏆



New England  
Dairy

Nutrition information sourced from Dietary Guidelines for Americans, 2020-2025, available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov) & USDA Food Data Central available at [fdc.nal.usda.gov](https://fdc.nal.usda.gov)