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Milk Products Handout - Expanded Nutrition & Family Programs Michigan State University Cooperative Extension Service January 1981 2 pages

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Expanded Putrition Family Programs



Shop for Milk Products — Which Is the Right One for You? (H)

Nonfat dry milk in 5- to 10-pound packages

Nonfat dry milk in smaller packages

Evaporated milk

Fresh skim milk

Fresh whole milk in gallons

Fresh whole milk in half gallons

Fresh whole milk in quarts

Buttermilk

Chocolate milk

American (processed) cheese

Cottage Cheese

Usually Cost the Least

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Somewhere "In Between"

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Usually Cost the Most

EXPANDED NUTRITION & FAMILY PROGRAMS

Questions to Think About . . .

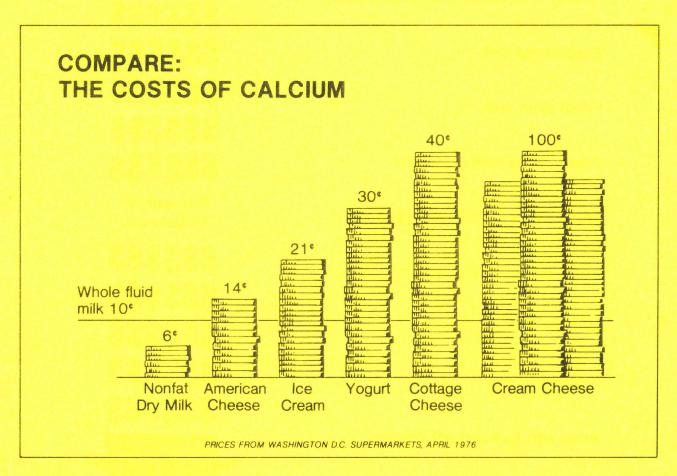


How many different milk products does your family use?

What are the best buys in milk products?

How can you use more milk products in meals or snacks?

What does calcium cost?





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