



HEY KIDS...

If you're between the ages of 13 and 18 take a look at this



You who are 13 to 15 years old need more food than ever before! Your body is growing rapidly and you are increasing your physical activities. In order to remain healthy you must include in your diet proper amounts of certain nutrients. A large share of your day's needs can be supplied by drinking 4 glasses of milk!



BONE BUILDERS

CALCIUM — 82% of your day's need!

PHOSPHORUS — 63% of your day's need!

MUSCLE BUILDERS

PROTEIN — 40% of your day's need!

VITAL VITAMINS

for clear skin, good eyesight, well-being

RIBOFLAVIN — 83% of your day's need

VITAMIN A — 30% of your day's need

THIAMINE — 22% of your day's need

VITAMIN D — 100% of your day's need

ACTIVE ENERGY

CALORIES — 21% of your day's need

DOWN 3 GLASSES OF FRESH, LOCAL KLAMATH BASIN MOO-JUICE* EACH DAY!

* Means Locally Produced Milk Distributed by Medo Land and Klamath Falls Creamerys



An organization of Klamath Basin Dairy Farmers whose job it is to bring you better, richer, fresher milk . . . Locally Produced for Local People