

82 words, 30 seconds

DELIGHTFUL DAIRY

Delicious nutrient-rich dairy foods from the cool aisles of your grocery store can play an important role in helping you meet your daily calcium needs to build and maintain a healthy family. That's because calcium helps increase bone density, strengthen teeth and lower blood pressure. Recent findings suggest dairy foods can also help with weight loss. For more information, valuable prize opportunities and helpful tips and recipes from the National Frozen and Refrigerated Foods Association, visit easy-home-meals--dot--com.