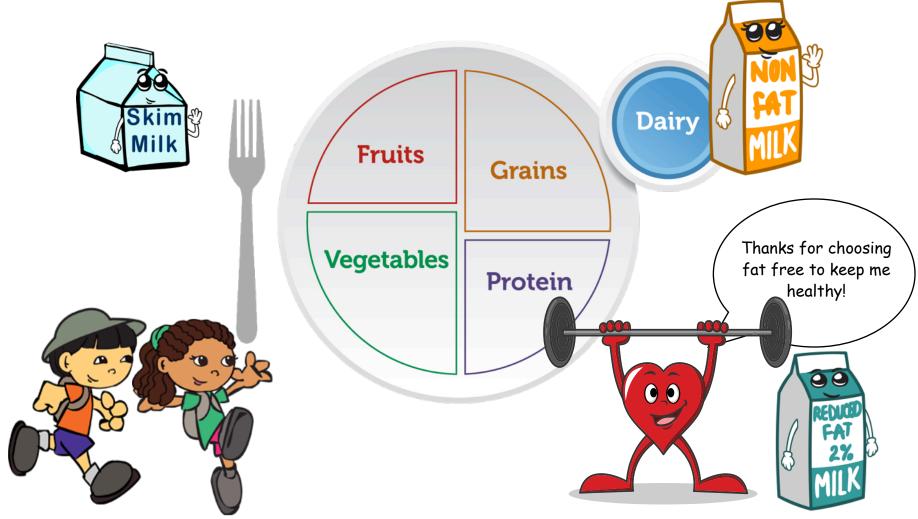
Chef Solus 10 Tips to a Healthy MyPlate - Tip #6



Drink nonfat (also called skim milk), 1% or low-fat milk:

• Keep your heart happy with low fat dairy foods.



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