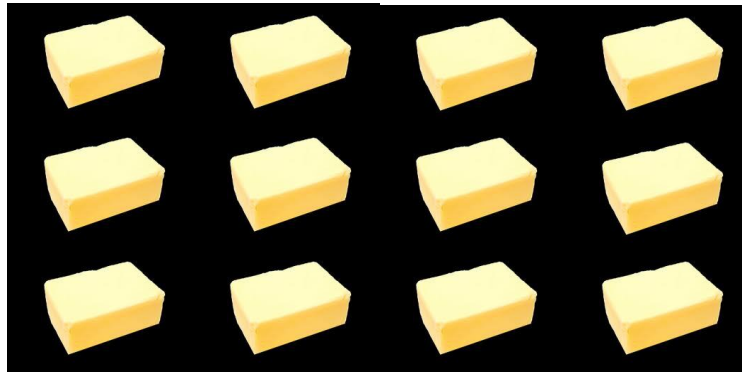




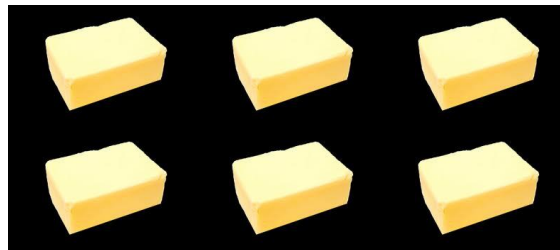
Water and Milk are best for hydration and health. You should drink 2 250ml milk, 6 250ml water per day. Green top or light blue are best!

If you drink a glass of milk a day then over a year:

If you drink **BLUE** top milk – it equals eating **12** blocks of butter



If you drink **LIGHT BLUE** top milk – it equals eating **6** blocks of butter



If you drink **GREEN** top milk – it equals eating **2/3**rds block of butter

