



## Buy This and Say Bye-Bye to That Dairy Shopping

Buy	Bye- Bye
Full fat milk products-ex. half n half, whole milk.	Low-fat and fat-free milk products-ex. skim milk and fat-free half n half.
If concerned about hormones and antibiotics in your milk, purchase organic milk.	Conventionally produced milk.
Yogurts that contain real ingredients and are lower in added sweetener. It is best to buy plain yogurt and add your own sweetener.	Fat-free and low-fat yogurts that are loaded up with fake and excess sweeteners, food dyes and other synthetics.
Full-fat cheeses	Low-fat and fat-free cheeses
Real dairy products, ex. ice cream made with real ingredients, heavy cream (that you have to whip)	Fake coffee creamers, fake ice cream, cheese spray in a can, cool whip, etc.