

Did you know...



Dairy foods have a specific role to play in dental health. Research has shown that milk and cheese can help prevent tooth decay. Milk, cheese and yogurt contain minerals such as calcium, casein and phosphorus that help protect tooth enamel

Source:

https://www.nutritionaustralia.org/national/resource/dental-health?_ga=2.31471870.1932628857.1579519693-142712242.1579519693

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