



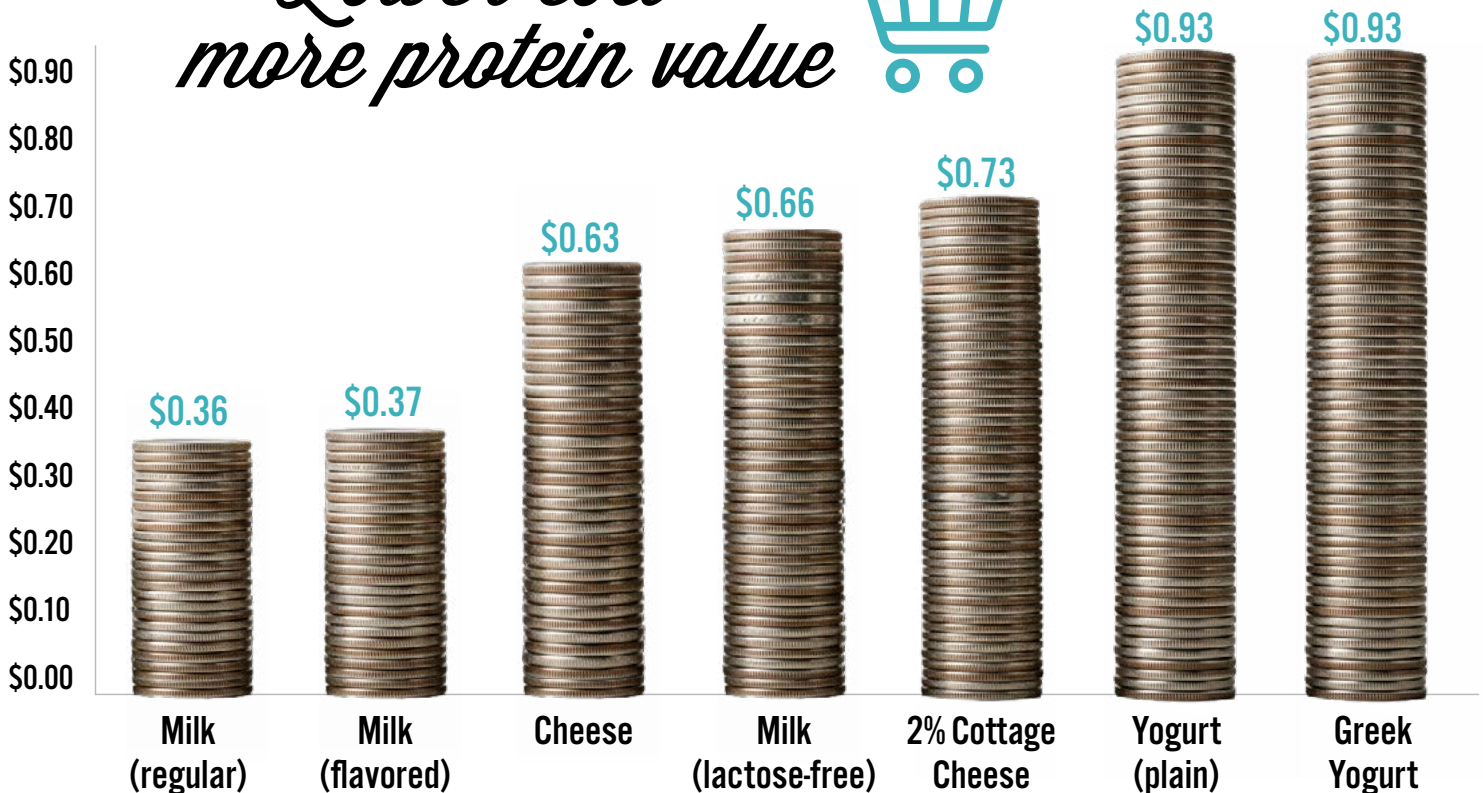
# COST PER 10 GRAMS OF DAIRY PROTEIN

Which dairy foods give you the most protein for your money?

Real dairy milk, yogurt, cheese and cottage cheese are affordable sources of high-quality protein, plus other essential nutrients.



*Lower cost = more protein value*



For more protein inspiration, visit [RealCaliforniaMilk.com/Protein](https://RealCaliforniaMilk.com/Protein)

Pricing approximate. Check the Nutrition Facts label for exact values.

