CJ UZOMAH
TIGHT END
CINCINNATI BENGALS
ARE YOU EATING A HEALTHY BREAKFAST EVERY DAY?

CJ Uzomah chooses good foods like milk, cheese and yogurt to fuel his day! Do you?

Fuel your day with these tasty breakfast ideas:

» Lowfat yogurt with granola & fresh fruit
» Bowl of whole grain cereal & milk
» Cheese stick with whole wheat toast & fruit
» Instant oatmeal made with milk
» Pita bread with cheese & turkey

SNAP A PHOTO OF YOUR BREAKFAST TO SHOW US HOW YOU FUEL UP!
If you are 13+, post your picture on your social media channels with #FuelGreatness and tag the American Dairy Association Mideast.

@ADAMideast  @ADA_Mideast  @ADAMideast

SEE HOW CJ FUELS UP
DRINK-MILK.COM/CJ

FUEL GREATNESS ON THE GO

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