

# 5 Reasons Why Eating Yoghurt With Added Vitamins Is Good For You



Vitamin A  
For good vision



Vitamin B  
For energy



Vitamin D  
For healthy muscle



Vitamin E  
For healthy skin



Calcium  
For healthy teeth and bones



WITH DANONE

## I Promise to:



Eat more fruits and vegetables every day



Have milk, maas or yoghurt every day



Eat breakfast every day



Drink more water every day



Move more



**1MILLION MOMS**  
PLEDGE FOR HEALTHY CHANGE



#DayOne

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t knowyouryoghurt