



An Affiliate of National Dairy Council

Fact Sheet

For more information visit drink-milk.com/media.html

Fairfield Middle School- Houshmandzadeh

October 23, 2007, 1:30pm-2:30pm

The American Dairy Association Mideast is dedicated to improving the nutritional status of the community and serves as the local affiliate of the National Dairy Council, a leader in dairy nutrition research, education and communication since 1915.

3-A-Day of Dairy for Stronger Bones and Healthier Bodies.

The US Dietary Guidelines for Americans recommends three servings of lowfat or fat free milk, cheese or yogurt each day.

T.J. Houshmandzadeh plays Wide Receiver for the Cincinnati Bengals

T.J. works with the American Dairy Association Mideast as part of their ongoing effort with the NFL to reach kids with a positive message that encourages fitness and healthy eating.

The 27 students T.J. speaks with are made up of Ohio Integrated Systems Models and students who volunteered over the summer to help fellow students with their schedules. Both the OISMs and the volunteers also produced a motivational video that aired on the first day of school.

Ohio Integrated Systems Models are academically strong students who are active in school sports, clubs and organizations.

"I understand the important role exercise and good nutrition play in on-field performance," said Houshmandzadeh. "If you want to be your very best -whether it's in sports or in some other activity – the first step to success is to be physically active and eat a well-balanced diet, which includes 3-A-Day of Dairy."

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