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Correlation Does Not Equal Causation
A relationship may be implied between two variables because as one circumstance increases, the other also increases or decreases proportionally. However, that doesn’t mean one caused the other. For example, at one time some “experts” felt eating ice cream caused polio. Both ice cream consumption and polio peaked in the summer months. While there was a “correlation” between these two events, it was not a “causation.” Ice cream did not cause polio in children. The actual cause was polio is a type of virus that is more likely to infect children during the summer.

Read This BEFORE Reading Another Sensationalized Food Article on the Internet!

For more information, go to http://lancaster.unl.edu/extensioncorps or call 402-624-8000.

ChOCoLate BeRRy顺meeTH
ServingS: 2 • Prep time: 5 minutes
1¼ cups fat-free chocolate milk
1 cup frozen mixed berries without sugar (blackberries, blueberries and raspberries)
1 container (5.3 ounces) fat-free mixed berry Greek yogurt

Combine chocolate milk, frozen berries and yogurt in a blender. Blend until creamy. Serve immediately.

Recipe created by: Midwest Dairy Association (www.dairymakessense.com)