



Foods and beverages in the dairy food group provide our bodies with important nutrients like calcium, vitamin D, potassium, and protein. Children and teenagers have growing bones that need the nutrients the dairy food group provides. Adults also need these nutrients to maintain bone health and reduce the risk of osteoporosis.

EAT BETTER. LIVE BETTER.

# HELPFUL TIPS

Here are a few tips to help you meet the MyPlate recommendation.

- Choose fat-free (skim) or low-fat (1%) milk, which is lower in calories and saturated fat than 2% or whole milk.
- Choose fat-free or reduced fat yogurt and cheeses
- If you are lactose intolerant, try a fortified soy beverage or lactose-free milk to get the calcium you may be missing out on each day.

## HOW MUCH EACH DAY?

Ages 9+ . . . .3 cups

Ages 4–8. . .2.5 cups

Ages 2–3. . . .2 cups

## WHAT COUNTS AS A CUP OF DAIRY?

- 1 cup of milk or soy beverage
- 1 cup of yogurt
- 1.5 oz of natural cheese
- 2 oz of processed cheese

LIVE BETTER

HEALTHIER. STRONGER. TOGETHER.