Milk, Yogurt, and Cheese
The Milk Group

Choose 2-3 servings each day.
Choose skim milk and nonfat yogurt often.

- What counts as one serving?
  - 1 cup of milk or yogurt
  - 1½ ounces of natural cheese
  - 2 ounces of processed cheese

- Many Americans, especially women, do not get the recommended amount of calcium from the foods they eat. Calcium is needed for healthy bones and teeth and to prevent osteoporosis. Calcium is important for building strong bones and teeth in growing children and maintaining the bones and teeth of adults. Teenagers and young adults need adequate calcium for achieving maximum bone density.

The best sources of calcium are milk, yogurt, and cheese.

- To get enough calcium to meet your needs, choose the number of servings recommended for you:
  - 2 for adult men and women
  - 2 for toddlers and young children to age 5
  - 3 for older children (school-age)
  - 3 for teenagers
  - 3 for young adults to age 24
  - 3 for women who are pregnant
  - 3 for women who are breastfeeding
  - 4 for teens who are pregnant**
  - 4 for teens who are breastfeeding**

**Teens who are pregnant or breastfeeding have higher calcium needs than other teens.
Tips on Buying, Storing and Using Milk, Yogurt and Cheese

- When buying dairy foods, check the "sell by date." Foods are safe up to one week after the sell by date. Refrigerate dairy products as soon as you get home from the store.

- Super Selection Tips to Help Manage Fat Grams
  - Read the label.
  - Choose skim milk and nonfat yogurt often. They are lowest in fat.
  - Go easy on high fat cheese and ice cream. They can add a lot of fat (especially saturated fat) to your diet.
  - Choose "part skim" or lowfat cheeses when available and lower fat milk desserts, like ice milk or frozen yogurt.

- For a diet low in fat, saturated fat, and cholesterol, choose foods lower in fat, saturated fat, and cholesterol.

Question:
- What does this mean when selecting milk products?

Answers:
- Choose skim or lowfat milk, fat-free or lowfat yogurt, and lowfat cheese.
- Use the Nutrition Facts Label to help you choose foods lower in fat, saturated fat, and cholesterol.

![Diagram of the Food Guide Pyramid](Image)

CHOOSE FOODS FROM EACH OF THE FIVE FOOD GROUPS

The Food Guide Pyramid illustrates the importance of balance among food groups in a daily eating pattern. Most of the daily servings of food should be selected from the food groups that are the largest in the picture and closest to the base of the Pyramid.

- Choose most of your foods from the grain products group (6-11 servings), the vegetable group (3-5 servings), and the fruit group (2-4 servings).
- Eat moderate amounts of foods from the milk group (2-3 servings), and the meat and beans group (2-3 servings).
- Choose sparingly foods that provide few nutrients and are high in fat and sugars.

Note: A range of servings is given for each food group. The smaller number is for people who consume about 1,600 calories a day, such as many sedentary women. The larger number is for those who consume about 2,800 calories a day, such as active men.