

ChooseMyPlate – Dairy (Key)

What’s in the Dairy Group?

All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.

List a few commonly eaten dairy products.

1. <i>Answers will vary</i>	7.
2.	8.
3.	9.
4.	10.
5.	11.
6.	12.

Key Consumer Message: _____

How Much is Needed?

The amount of food from the Dairy Group you need to eat depends on your age.

Daily Recommendation*		
Children	2-3 years old	2 cups
	4-8 years old	2 ½ cups
Girls	9-13 years old	3 cups
	14-18 years old	3 cups
Boys	9-13 years old	3 cups
	14-18 years old	3 cups
Women	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	3 cups
Men	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	3 cups

What Counts as a Cup?

In general, 1 cup of milk, yogurt, or soymilk (soy beverage), 1 ½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the Dairy Group.

List three dairy products.

	Amount That Counts as a Cup in the Dairy Group	Common Portions and Cup Equivalents
	Answers will vary	

Health Benefits

Consuming dairy products provides health benefits — especially improved bone health. Foods in the Dairy Group provide nutrients that are vital for health and maintenance of your body.

Intake of dairy products is linked to _____ improved bone health, and may reduce the risk of osteoporosis _____.

The intake of dairy products is especially important to _____ bone health during childhood and adolescence, when bone mass is being built _____.

Intake of dairy products is also associated with _____ a reduced risk of cardiovascular disease and type 2 diabetes, and with lower blood pressure in adults _____.

Tips for Making Wise Choices in the Dairy Group

(Refer to handout Got Your Dairy Today? – 10 tips to help you eat and drink more fat-free or low-fat dairy foods)