

ChooseMyPlate – Dairy

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.	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	
	4-8 years old	
Girls	9-13 years old	
	14-18 years old	
Boys	9-13 years old	
	14-18 years old	
Women	19-30 years old	
	31-50 years old	
	51+ years old	
Men	19-30 years old	
	31-50 years old	
	51+ years old	

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

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 _____

_____.

The intake of dairy products is especially important to _____

_____.

Intake of dairy products is also associated with _____

_____.

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)