

Your Wheel of Calcium Choices



MILK GROUP FOODS ARE THE BEST SOURCE OF CALCIUM!

How Many Dairy Servings

Does Your Body Need Each Day?

Choose calcium rich Milk Group foods every day using this Calcium Choices Guide

Children

Ages 1-3 need **3*** Milk Group servings each day

*For children 1-3, serving sizes are about 2/3rds of typical serving sizes.

Ages 4-8 need **3** Milk Group servings each day

Pre-Teen/Teens

Ages 9-18 need **4** Milk Group servings each day

Adults

Ages 19-50 need **3** Milk Group servings each day

Ages 51+ need **4** Milk Group servings each day

Source: Dietary References Intakes, National Academy of Sciences, 1997

How much is one serving from the Milk Group?

DAIRY FOODS	SERVING SIZE
◆ Milk - White, Chocolate & Other Flavors	1 cup
◆ Yogurt	1 cup
◆ Cheese	1½ - 2 oz.
◆ Cottage Cheese	½ cup
◆ Pudding	½ cup
◆ Ice Cream, Frozen Yogurt	½ cup

