

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.

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

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Pre-Teen/Teens

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

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Adults

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

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

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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	<i>1 cup</i>
◆ Yogurt	<i>1 cup</i>
◆ Cheese	<i>1½ - 2 oz.</i>
◆ Cottage Cheese	<i>½ cup</i>
◆ Pudding	<i>½ cup</i>
◆ Ice Cream, Frozen Yogurt	<i>½ cup</i>

Milk group foods are the best source of calcium and drinking milk with meals is an easy way to give your body the calcium it needs.

You need calcium rich foods to keep your bones and teeth strong and healthy. Also, research shows that calcium helps reduce your risk for high blood pressure, colon cancer, and kidney stones.