

What is in the milk group?

Fluid milk, cheese, and yogurt are included in the milk group. Foods made from milk that are low in calcium (cream cheese, cream, and butter) are not part of the milk group.

How much should I eat?

Most people need about 3 cups per day. Some people may need a little more or a little less depending on their physical activity level, age, and gender. Most choices should be fat-free or low-fat to avoid raising “bad” cholesterol.

What counts as a cup?

- 1 cup of milk or yogurt
- 1 ½ ounces of natural cheese (cheddar, mozzarella, Swiss)
- 2 ounces of processed cheese (American)

Nutrition

Milk and milk products create strong bones and teeth and may help prevent osteoporosis.

Shopping List

Ideas for including milk in your diet:

- If you usually drink whole milk, gradually switch to fat-free milk to reduce saturated fat and calories. Start by trying 2% milk, then 1%, and finally fat-free (skim) milk.
- Have fat-free or low-fat yogurt as a snack.
- Add fat-free or low-fat milk instead of water to oatmeal and hot cereals.
- Use fat-free or low-fat milk instead of water to make condensed soups (like cream of tomato).
- For dessert, make pudding with fat-free or low-fat milk.

