

# DAIRY

It is important to consume 3 servings of dairy per day.



## What counts as a serving?

- **Milk:** 1 cup (8 ounces) of low-fat cow's milk or calcium-fortified soy milk
- **Cheese:** 1 slice of hard cheese, 1/3 cup shredded cheese, 2 cups cottage cheese
- **Yogurt:** 1 cup of low-fat plain yogurt
- **Desserts:** 1 cup of pudding (made with milk) or frozen yogurt

## How to add dairy to your meals:

### Breakfast:

1. Add milk to cereal or oatmeal
2. Layer yogurt with fruit and granola
3. Sprinkle shredded cheese into an omelet

### Lunch:

1. Thicken soups with milk
2. Have a cup of yogurt as a side
3. Add a slice of cheese to your sandwich

### Dinner:

1. Mix milk into cream sauces
2. Top tacos with a spoonful of yogurt
3. Enjoy lasagna with cottage cheese

### Snacks:

1. Have a glass of milk
2. Dip veggies in a yogurt mix
3. Pair fresh fruit with string cheese

## KEY NUTRIENTS

**Calcium + Vitamin D-** building strong bones and teeth

**Vitamin A-** eye and immune system health

**Potassium-** normal blood pressure

**Protein-** strong muscles and repairing tissues

