



The Milk, Yogurt, & Cheese Group

Why is the milk group so important?

The Milk group is vital for strong, dense bones that remain healthy all our lives. Milk, Cheese, & Yogurt are the best sources of calcium, potassium, and vitamin D. Calcium keeps your bone structure healthy and strong. Vitamin D is used as the body's natural transport system for calcium. Potassium helps the body maintain a healthy blood pressure.

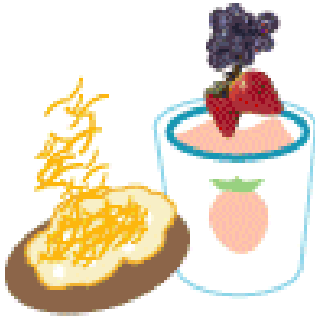
Good Milk Choices:

- Fat-free (skim), low-fat and reduced fat milk.
- Flavored low fat milk: chocolate & strawberry.
- Lactose reduced or lactose-free milk.
- Milk-based desserts: low fat pudding, low fat frozen yogurt, & reduced fat ice cream.

Good Cheese & Yogurt Choices:

- ❖ **Cheese:** Reduced fat cheddar, mozzarella, reduced fat Swiss, parmesan, low fat and fat free ricotta, low fat and fat free cottage cheese, & reduced fat American
- ❖ **Yogurt:** fat-free or low-fat yogurt

How to get 3 servings a day:



- 1 cup **Milk** at breakfast on cereal
- 1/3 cup shredded **Cheese** on salad at lunch
- 1 cup **Yogurt** for a mid-afternoon snack

Special Populations:

- ❖ **Lactose-intolerant** people can't digest lactose, the sugar found in milk. They need lactose free or reduced lactose dairy foods, calcium fortified soy foods, hard cheeses or yogurt.
- ❖ **Children** need 2-3 servings of dairy foods for growth.
- ❖ **Older adults** need 3 servings of dairy foods for disease prevention.



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