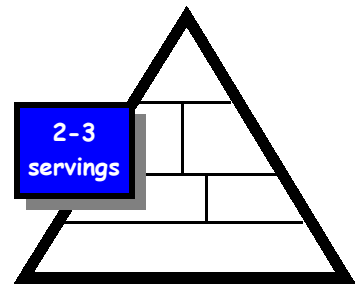


# The Dairy Group: Milk, Yogurt, and Cheese



## Dairy Facts

- Foods from the Dairy Group are made with milk and contain a type of sugar called lactose.
- Dairy foods provide calcium, protein, riboflavin, vitamin B12, and vitamin D.
- Calcium strengthens bones and protects against **Osteoporosis**, which can cause bones to break easily.
- Calcium needs are highest during childhood and teen years for bone growth.



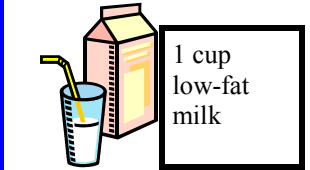
## 2-3 Servings a Day

- Choose low-fat or fat-free dairy products.
- Choose cheeses made with low-fat milk.
- Limit intake of high-fat cheeses and ice cream.

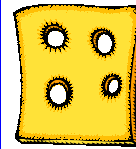


## Managing Lactose Intolerance

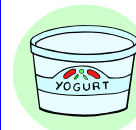
- Drink milk in servings less than 8 ounces.
- Drink milk with meals or add to dry cereal.
- Aged cheeses and yogurt contain less lactose.
- Look for low-lactose and lactose-free products.



1 cup  
low-fat  
milk



1 1/2 oz.  
Swiss  
cheese



1 cup  
low-fat  
yogurt



1/2 cup  
low-fat  
cottage  
cheese



1 1/2 oz  
hard  
cheese

### Other Sources of Calcium:

- Sardines with bones
- Tofu (bean curd)
- Corn Tortillas
- Calcium-fortified juices, like orange juice