



Milk Group

Get your calcium-rich foods

How Much Milk?

This chart shows how much to eat from the Milk Group. This amount is right for persons who get less than 30 minutes of moderate physical activity each day. Young people who are more active may need to eat more food to meet their calorie (energy) needs. Individual needs vary, so use this as a general guide to food intake.

| Group | Age | Daily Recommendation |
|----------|----------------|----------------------|
| Children | 4-8 years old | 2 cups |
| | 9-18 years old | 3 cups |

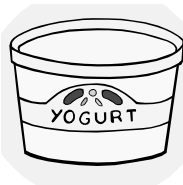
What Counts as a Cup?

Here are just a few examples:

1 half pint container of milk

1 regular (8 ounce) container of yogurt

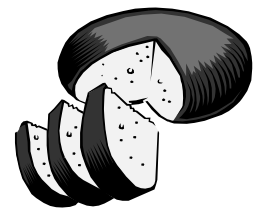
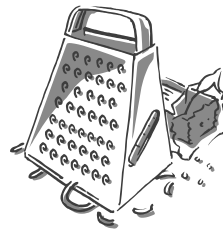
1½ ounces or 2 slices hard cheese
(cheddar, mozzarella, Swiss, parmesan)



1½ cups of ice cream

1/3 cup shredded cheese

2 ounces or 3 slices processed
cheese (American)



* Remember to choose fat-free or low-fat milk products most often *