



[Home](#) / [MyPlate](#) / [Dairy](#) All about the Dairy Group

What foods are included in the Dairy Group?

All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.



How much food from the Dairy Group is needed daily?

The amount of food from the Dairy Group you need to eat depends on age. Recommended daily amounts are shown in the chart below.

Note: Click on the top row to expand the chart. If you are on a mobile device, you may need to turn your phone 90 degrees to see the full chart.

DAILY DAIRY CHART



What counts as a cup in the Dairy Group?

In general, 1 cup of milk, yogurt, or soymilk (soy beverage), 1 ½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the Dairy Group. The chart below lists specific amounts that count as 1 cup in the Dairy Group towards your daily recommended intake.

Note: Click on the top row to expand the chart. If you are on a mobile device, you may need to turn your phone 90 degrees to see the full chart.

CUP OF DAIRY CHART



Selection tips

- Choose fat-free or low-fat milk, yogurt, and cheese. If you choose milk or yogurt that is not fat-free, or cheese that is not low-fat, the fat in the product counts against your maximum limit for "empty calories" (calories from solid fats and added sugars).
- If sweetened milk products are chosen (flavored milk, yogurt, drinkable yogurt, desserts), the added sugars also count against your maximum limit for "empty calories" (calories from solid fats and added sugars).
- For those who are lactose intolerant, smaller portions (such as 4 fluid ounces of milk) may be well tolerated. Lactose-free and lower-lactose products are available. These include lactose-reduced or lactose-free milk, yogurt, and cheese and **calcium-fortified soymilk** (soy beverage). Also, enzyme preparations can be added to milk to lower the lactose content.
- Calcium choices for those who do not consume dairy products include:
 - kale leaves
 - Calcium-fortified juices, cereals, breads, rice milk, or almond milk. Calcium-fortified foods and beverages may not provide the other nutrients found in dairy products. Check the labels.
 - Canned fish (sardines, salmon with bones) soybeans and other soy products (tofu made with calcium sulfate, soy yogurt, tempeh), some other beans, and some leafy greens (collard and turnip greens, kale, bok choy). The amount of calcium that can be absorbed from these foods varies.



Last Updated: Jul 22, 2015

10 Tips for Your Health

(cut up tips to give to class)

Being active helps you burn calories	Enjoy your food. Eat slowly – it will help you eat less.
Eat more fruits and vegetable.	Eat smaller portions. You can gain weight from too much healthy food
Adults should drink low –fat or fat-free milk.	Eat less high-sugar and high-salt foods
At least half your grains everyday should be whole grains like brown rice.	Drink water instead of sugary drinks
Eat less fatty meats like ribs sausage, and hot dogs	Check the nutrition label. Choose foods with “low sodium” or “no salt added.”

Adapted from ChooseMyPlate.gov

Can you give me advice about:

1. Milk
2. Vegetables
3. Meat
4. Sugar
5. Salt
6. Calories
7. Portion size
8. Drinks
9. Grains
10. Eating slowly