

The Milk and Dairy Group

**Milk and milk products
are part of a healthy diet.**



Drink 3 cups daily

The Milk Group Includes:



Milk



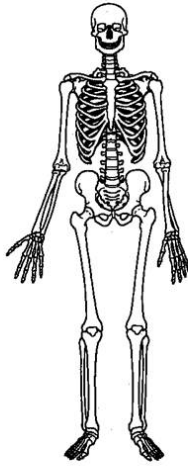
Cheese



Yogurt

- What is your favorite food from the milk and dairy group? Circle your answer

Important Nutrients



Why do you want strong bones?
Tell your teacher the answer.



1 cup yogurt



1 cup frozen yogurt



2 cups
cottage cheese

Choose 3 serving every day



1 cup milk



$\frac{1}{3}$ cup
shredded or 2
slices cheese



1 cup pudding

How many cups is one serving of milk? _____
How many cups is one serving of yogurt? _____

3 servings a day



How many servings of milk or dairy do you need every day?

Circle or write the answer. _____

What Can I Do?



Drink milk instead of soda or juice.

- What change can you make because of what you learned today?
Choose to drink milk instead of soda or juice.
 - Circle your favorite flavor of milk?
- When will you choose to drink milk instead of soda? Tell your teacher the answer or write it down.