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The Milk Group



Food Sense Nutrition Education

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



Drink 3 cups daily

Milk and milk products are an important part of a healthy diet.

Have 3 cups of milk or dairy products each day.

- Raise your hand if you like chocolate milk.
- Raise your hand if you like strawberry milk.
- Raise your hand if you like plain milk.

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The Milk Group Includes:



Milk



Cheese



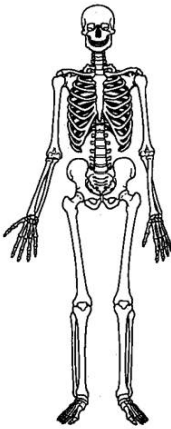
Yogurt


The milk group includes milk and products made from milk such as cheese and yogurt.

- What kinds of milk products do you like to eat or drink?
 - Milk: fat free (skim), low-fat (1%), reduced fat (2%), whole milk, flavored milk, lactose reduced milk and lactose free milk.
 - Cheese: natural cheeses like cheddar, mozzarella, Swiss and parmesan; processed cheese like American; ricotta cheese and cottage cheese.
 - Yogurt: fat free, low-fat and whole milk yogurt.

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Important Nutrients





Milk products have important nutrients like: Calcium, vitamin D, and Phosphorus

These nutrients are good for your teeth and bones.

Having 3 servings of milk products each day will give you healthy bones and teeth for the rest of your life.

If you don't get enough important nutrients like Calcium from milk, when you are older you could have weak bones that break easily.

- Why do we want strong bones?

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Choose 3 serving every day



1 cup yogurt

1 cup frozen yogurt

2 cups cottage cheese

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

1 cup milk

1 cup pudding

A serving in the milk group is 1 cup of milk, a small piece of cheese, 1 cup of yogurt, 2 cups of cottage cheese, or 1 cup pudding.

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3 servings a day



Here are easy ways to get three servings a day.
Drink milk at meal times. Put milk on cereal and oatmeal. Put cheese on a sandwich.

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Here are some other foods you can put cheese on.

- Vegetables like broccoli
- Baked potatoes
- Tacos
- What foods do you like to put cheese on?

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Here are some other ways to eat milk and dairy foods.

Have yogurt with fruit, or cheese and crackers as a snack. Have pudding for dessert.

3 a day: It's easy



It is easy to get three servings of dairy products every day.

- What different foods can you eat to get three servings of dairy products every day?

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.

- What is your favorite flavor of milk?
- When will you choose to drink milk instead of soda?

Color things that have to do with the
Milk Group!

