

Milk Group

Why Milk?

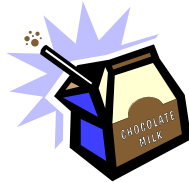
- It has calcium to build strong bones, which may help reduce risk of osteoporosis
- Diets that include milk tend to be better overall
- Milk & yogurt have potassium, a nutrient often low in the American diet



Milk Group
Get your calcium-rich foods

Key nutrients:

- Calcium
- Potassium
- Vitamin D



Foods in the Milk Group

Milk, yogurt & cheese, frozen yogurt & ice cream and desserts made with milk, such as pudding



Alternative calcium sources for lactose intolerance:

Calcium-fortified choices include:

- Breads
- Canned fish with bones
- Cereals
- Dark leafy greens (bok choy, collard, kale, & turnip)
- Dried beans
- Lactose-free milk products (or use lactase to break down lactose)
- Soybeans & other soy products
- Calcium-fortified soy/rice beverages
- Calcium-fortified juices

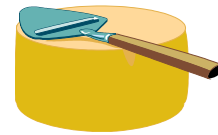
Measuring up:

Recommended amount of milk for people over 8 years = 3 cups
(300 mg = the calcium in 1 cup of milk)

Foods with little to no calcium & not in the milk group:

(These count as discretionary calories)

- Butter
- Cream
- Cream cheese

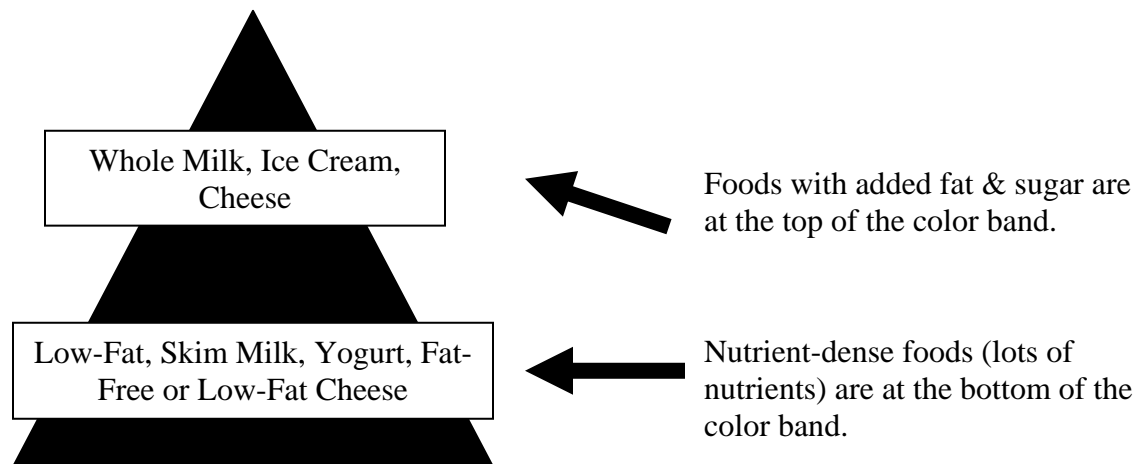


Tips to get enough dairy products:

- Drink a glass of milk with every meal.
- Use milk instead of water when making hot cereal or cream soups.
- Have yogurt for a snack or a dessert.
 - Add low-fat cheese to casseroles, soups, stews or vegetables as a topping.
 - Have snacks such as pudding made with milk or a fruit & yogurt smoothie.
 - Drink fat-free milk to reduce your daily fat intake.
 - If you usually drink whole milk, gradually switch to reduced-fat, low-fat & then to fat-free milk.
 - Have fat-free or low-fat yogurt & other dairy products to reduce fat intake.



MyPyramid & Food Choices



For additional information on milk, visit www.mypyramid.gov.

Adapted from University of Missouri Extension

University of Arkansas, United States Department of Agriculture, County Governments Cooperating

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