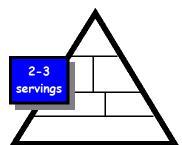


Healthy Lifestyle Tip Sheet...

The Dairy Group: Milk, Yogurt, and Cheese



Dairy Facts

- Foods from the Dairy Group are made with milk and contain a type of sugar called lactose.
- Dairy foods provide calcium, protein, riboflavin, vitamin B12, and vitamin D.
- Calcium strengthens bones and protects against Osteoporosis, which can cause bones to break easily.
- Calcium needs are highest during childhood and teen years for bone growth.

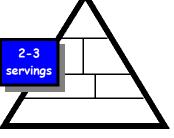


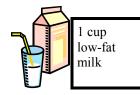
2-3 Servings a Day

- Choose low-fat or fat-free dairy products.
- Choose cheeses made with low-fat milk.
- Limit intake of high-fat cheeses and ice cream.

Managing Lactose Intolerance

- Drink milk in servings less than 8 ounces.
- Drink milk with meals or add to dry cereal.
- Aged cheeses and yogurt contain less lactose.
- Look for low-lactose and lactose-free products.







 $1 \, 1/2 \, \text{oz}$. **Swiss** cheese



1 cup low-fat vogurt



1/2 cup low-fat cottage cheese



 $1 \, 1/2 \, \text{oz}$ hard cheese

Other Sources of Calcium:

- Sardines with bones
- Tofu (bean curd)
- Corn Tortillas
- Calcium-fortified juices, like orange juice

physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran veteran, Vietnam-era veteran or any other veteran who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized).

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