



Milk and Dairy for the Entire Family!



This is how much milk and dairy we need each day:

Age	Girls	Boys	Age	Women	Men
2-3 years old	2 cups	2 cups	19-30 years old	3 c.	3 c.
4-8 years old	2 cups	2 cups	31-50 years old	3 c.	3 c.
9-13 years old	3 c.	3 c.	51+	3c.	3 c.
14-18 years old	3 c.	3 c.			

What is a 1 cup equivalent of milk and dairy?

1 cup of milk

2 ounces of processed cheese (American)

1 container of yogurt (8 ounces)

1 ½ ounces of hard cheese (cheddar, mozzarella)

How will you fit milk and dairy into meals/snacks for you and your child?

# of Cups Needed	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
My Child: _____					
Me: _____					
Pregnancy: _____					