

# DAIRY: 3 A DAY FOR STRONG BONES



## How much do I need?

**Ages 2–3 years:**

2 cups per day

**Ages 4–8 years:**

2½ cups per day

**Ages 9–adult:**

3 cups per day

## What if I am lactose intolerant?


Choose the following products that are lactose-free or lower in lactose.

- Cheese
- Yogurt
- Lactose-free milk
- Calcium-fortified soy milk

## What equals 1 cup from the Dairy group?

- 2 cups cottage cheese
- ⅓ cup shredded cheese
- 1 cup yogurt
- 1 cup fortified soy milk

Fortified soy milk and yogurt are a part of the Dairy group because the nutrient content is similar to dairy foods. Other foods such as orange juice, almond, coconut and rice milk are fortified with calcium but don't have the other nutrients dairy products provide.



## Foods that are a part of the Dairy group:

- Milk
- Cheese
- Yogurt
- Fortified soy milk
- Cottage cheese

Butter, cream cheese and sour cream are not counted as Dairy group foods because they provide little calcium.

## Health benefits of calcium-rich foods:

- Help build strong bones and teeth
- Help maintain muscle mass
- Decrease the risk of osteoporosis
- May help lower blood pressure and the risk of heart disease and diabetes