DAIRY: 3 A DAY FOR STRONG BONES

Ages 2–3 years: 2 cups per day Ages 4–8 years: 2¹/₂ cups per day Ages 9-adult: 3 cups per day

What equals 1 cup from the Dairy group?

- 2 cups cottage cheese
- $\frac{1}{3}$ 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.

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.

How much do I need?

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

Foods that are a

Health benefits of calcium-rich foods:

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



• Help build strong bones and



an equal opportunity/ADA institution

Funded in part by USDA SNAP. For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016. Need help stretching your food dollars? Contact your local resource center or go online to: mydss.mo.gov/food-assistance