

Why are Milk and Dairy Foods important?

- **Milk and Dairy Foods**- high in Vitamin D and calcium for bone and teeth strength.
- **Calcium**-300 mg. and **Vitamin D**-100 IU/1 c. Milk

Factors & Serving Sizes:

- **Go- 1 Factors**- 1 cup – skim milk, low fat buttermilk, ½ cup evaporated milk, 1/3 cup fat free dry milk and 1 cup fat free yogurt and most no sugar added fat free yogurts.
- **Caution- 2 Factors**- 1 cup – 2% milk, most soy milks and most low fat yogurts with sugar added.
- **Stop- 3 Factors**- 1 cup – whole milk, goat’s milk, yogurt, and ½ cup whole evaporated milk.



Facts:

- **Vitamin D**- appears to hinder the growth of breast cancer cells.
- **High in Calcium**- Calcium needed for normal blood pressure.
- **Calcium**- builds strong bones, teeth; FDA recommends: 1,500 mg. /day-breast feeding and menopause, > 65, 1,200 mg. for 11-24 year old; up to 2000 mg. /day is safe.
- **Dairy**: Contains 10-15 gm Carbohydrates, 7 gm protein and 80-160 cal/1 cup serving.
- **Lactose Intolerance**- lactase deficiency; trouble digesting lactose (sugar in milk).

What can I do?

- **See Registered Dietitian**- for help as needed.
- **See Food Fitness First Registered Dietitian**- on line for help. **Choose**- Low fat or reduced fat milk, dairy products, and yogurt.
- **Lactose Intolerance**: Use reduced lactose milk or lactose reducing pills – ask your Health Care Provider or Registered Dietitian.



Go Foods

1 Factor



Caution Foods

2 Factors



Stop Foods

3 Factors

1 cup per serving

- 1 cup 1% Low Fat Milk
- 1/3 cup Fat Free Dry Milk
- 1 cup Low Fat Buttermilk
- 1 cup Skim Milk
- 1 cup No Sugar Added Fat Free Yogurt
- ½ cup Fat Free Evaporated Milk
- 1 cup 1% Chocolate Milk

1 cup per serving

- 1 cup Soy Mocha Milk
- 1 cup 2% fat Milk
- 1 cup 2% Chocolate Milk
- 1 cup Vanilla Yogurt low fat Dannon®
- 1 cup Custard style Yogurt fruit flavors Yoplait®
- 1 cup Soy Milk, Chocolate
- 1 cup Organic Silk Soy Milk
- 1 cup Carnation Instant Breakfast® without sugar and 2% Milk
- 1 cup Soy Milk
- 1 cup Sweet Acidophilus Milk
- 1 cup Yogurt, Low fat

1 cup per serving

- 1 cup Whole Milk
- 1 cup Strawberry flavored milk mixed with whole milk
- ½ cup Whole Evaporated Milk
- 1 cup Goat’s Milk
- 1 cup Kefir Milk
- 1 cup Yogurt made from Whole Milk
- 1 cup Chocolate malted Milk
- 1 cup Whole Milk w/Chocolate Syrup
- 1 cup Whole Milk Malted Milk



FF = Fat Free

oz. = ounce

in. = inch

mg. = milligram

T. or Tbsp.= Tablespoon t. = teaspoon

gm. = gram