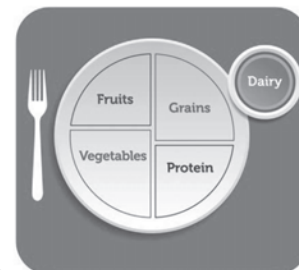




Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

## What foods are in the Dairy Food Group?

All fluid milk products and many foods made from milk are considered part of this food group. Most **Dairy Food Group** choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soy milk (soy beverage) is also part of the Dairy Group.



## How many dairy foods are needed daily?

The amount of food from the **Dairy Food Group** you need to eat depends on age. Recommended daily amounts are shown in the table below.

Daily Dairy Recommendation		
	AGE	AMOUNT
CHILDREN	2-3 years old	2 cups
	4-8 years old	2 ½ cups
GIRLS	9-13 years old	3 cups
	14-18 years old	3 cups



## PREVIEW

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### Milk

- fat-free (skim) milk
- flavored milk
- lactose-free milk
- low fat (1%) milk
- reduced fat (2%) milk
- whole milk

### Milk-Based Desserts

- frozen yogurt
- ice milk
- ice cream
- puddings
- sherbet
- smoothies

### Non-Dairy Milk

- almond milk
- coconut milk
- rice milk
- soy milk

### Yogurt

- milk-based yogurt
- almond milk yogurt
- coconut milk yogurt
- soy milk yogurt

### Cheese

- American
- brie
- cheddar
- cottage cheese
- feta
- Gouda
- mozzarella
- muenster
- parmesan
- provolone
- Romano
- Swiss
- ricotta





Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

## Foods in the Dairy Group

All fluid milk products and many foods made from milk are considered part of this food group. Most **Dairy Group** choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group.

### What do we need?

Color in the plate for each food group you see. Which food group is missing?



## PREVIEW

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Dairy

Dairy

Dairy



Dairy



Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

Match the foods to the correct **Dairy Group**.



Milk



Milk-Based Dessert



## PREVIEW

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Butter is **not** considered a dairy food. Explain why.



Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

1 Foods that do not have enough **calcium** are not part of the Dairy Food Group. Which of these is **not** part of the **Dairy Food Group**?

**A** Swiss cheese  
**B** butter  
**C** skim milk  
**D** ice milk



5 For a healthy eating style choose \_\_\_\_\_ or **fat-free** milk, yogurt and cheese when possible.

**A** high-fat  
**B** low-fat  
**C** calcium free  
**D** chocolate



2 Which of these foods is part of the **Dairy Food Group**?

**A**  
**B**  
**C**  
**D**



6 Which of these foods is a **non-dairy** milk product?

**A**  
**B**  
**C**  
**D**





**PREVIEW**

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4 Eating \_\_\_\_\_ of **dairy products** per day can improve bone mass, and may reduce the risk of osteoporosis.

**A** 1 tablespoon  
**B** 1 cup  
**C** 3 ounces  
**D** 3 cups



8 Which one of these has the **least amount of fat**?

**A** chocolate milk  
**B** whole milk  
**C** low fat (1%) milk  
**D** reduced fat (2%) milk






Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

## Answer Sheet

1 Foods that do not have enough **calcium** are not part of the Dairy Food Group. Which of these is **not** part of the Dairy Food Group?

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**B**  
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