



How much food from the milk group is needed daily?

The amount of food from the Milk Group you need to eat depends on age. Recommended daily amounts are shown in the chart.

Daily recommendation		
Children	2-3 years old	2 cups
	4-8 years old	2 cups
Girls	9-13 years old	3 cups
	14-18 years old	3 cups
Boys	9-13 years old	3 cups
	14-18 years old	3 cups
Women	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	3 cups
Men	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	3 cups

- ∞ If you drink cappuccinos or lattes—ask for them with fat-free (skim) milk.
- ∞ Add fat-free or low-fat milk instead of water to oatmeal and hot cereals
- ∞ Use fat-free or low-fat milk when making condensed cream soups (such as cream of tomato).
- ∞ Have fat-free or low-fat yogurt as a snack.
- ∞ Make a dip for fruits or vegetables from yogurt.
- ∞ Make fruit-yogurt smoothies in the blender.
- ∞ For dessert, make chocolate or butterscotch pudding with fat-free or low-fat milk.
- ∞ Top cut-up fruit with flavored yogurt for a quick dessert.
- ∞ Top casseroles, soups, stews, or vegetables with shredded low-fat cheese.
- ∞ Top a baked potato with fat-free or low-fat yogurt.

Serving sizes and Tips

Items that make up the milk group	Amount that counts as 1 cup in the milk group	Common portions and cup equivalents
Milk <i>[choose fat-free or low-fat milk most often]</i>	1 cup 1 half-pint container ½ cup evaporated milk	
Yogurt <i>[choose fat-free or low-fat yogurt most often]</i>	1 regular container (8 fluid ounces) 1 cup	1 small container (6 ounces) = ¾ cup 1 snack size container (4 ounces) = ½ cup
Cheese <i>[choose low-fat cheeses most often]</i>	1 ½ ounces hard cheese (cheddar, mozzarella, Swiss, parmesan) 1/3 cup shredded cheese 2 ounces processed cheese (American) ½ cup ricotta cheese 2 cups cottage cheese	1 slice of hard cheese is equivalent to ½ cup milk 1 slice of processed cheese is equivalent to 1/3 cup milk ½ cup cottage cheese is equivalent to ¼ cup milk
Milk-based	1 cup pudding	1 scoop ice

- ∞ Include milk as a beverage at meals. Choose fat-free or low-fat milk.
- ∞ If you usually drink whole milk, switch gradually to fat-free milk, to lower saturated fat and calories. Try reduced fat (2%), then low-fat (1%), and finally fat-free (skim).

desserts <i>[choose fat-free or low-fat types most often]</i>	made with milk 1 cup frozen yogurt 1 ½ cups ice cream	cream is equivalent to 1/3 cup milk
---	---	-------------------------------------

*The Information provided was gathered from the United States Department of Agriculture's www.Mypyramid.gov