

# DAIRY

Write the following information into the DAIRY section of your Graphic Organizer and color the MyPlate template section BLUE



Boys 9-18	3 c. daily
Girls 9-18	3 c. daily



**Move to low-fat or fat-free milk or yogurt.**

- Choose fat-free milk, yogurt and fortified soy beverages (soy milk) to cut back on saturated fat.
- Replace sour cream, cream and regular cheese with low-fat yogurt, milk and cheese.

**What counts as a cup in the Dairy Group?**

In general, 1 cup of milk, yogurt, or soymilk (soy beverage), 1 ½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the Dairy Group.

