

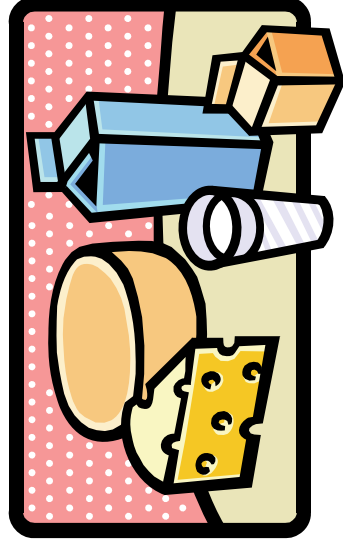
Milk Group



Giving Your Body the Best

Milk and milk products are an important part of a healthy diet. The Dietary Guidelines for Americans and MyPyramid recommend 3 cups of fat free or low-fat milk or milk products daily. Children ages 2 to 8 need 2 cups.

Milk and Milk Products Are Part of a Healthy Diet



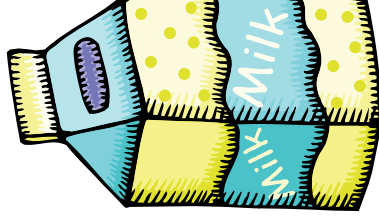
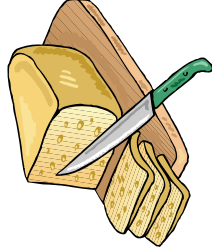
Have 3 cups daily.

The Milk Group includes milk and products made from milk. Choose from:

- Milk—fat free (skim), low-fat (1%), reduced fat (2%), whole milk, flavored milk, lactose reduced milk and lactose free milk.
- Cheese—natural cheeses like cheddar, mozzarella, Swiss and parmesan; processed cheese like American; ricotta cheese and cottage cheese.
- Yogurt—fat free, low-fat and whole milk yogurt.

The Milk Group Includes:

- Milk
- Cheese
- Yogurt

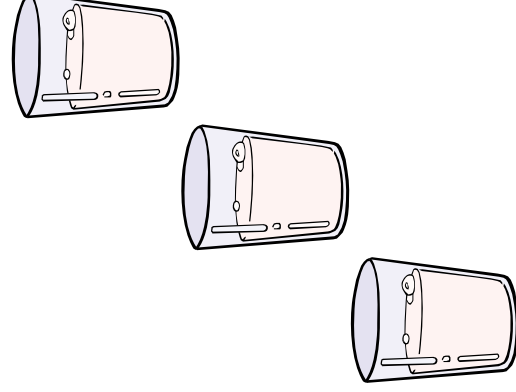


Studies show that 3 cups of milk or milk products daily provide many health benefits including:

- Essential nutrients.
- Healthy bones.
- Achievement and maintenance of a healthy weight.
- Controlled blood pressure in people with hypertension.

3-A-Day

- Essential nutrients
- Healthy bones
- Healthy weight
- Controlled blood pressure



Essential Nutrients

Milk and milk products provide a combination of essential nutrients that include:

- **Calcium** which forms bones and teeth and helps keep them strong.
- **Vitamin D** that helps your body use calcium.
- **Phosphorus** which aids in bone calcification.

These nutrients are important because your bones, teeth, body tissues, nervous system, heart and muscles depend on them to stay healthy. It is best to get these needed nutrients from food rather than supplements.

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Essential Nutrients

- Calcium
- Vitamin D
- Phosphorus



Bone Health

Nutrients found in the Milk Group are needed throughout life to insure that you build strong bones and preserve them as you grow older.

Without the nutrients you get from the Milk Group, health concerns can develop such as an increased risk of bone fractures and the development of osteoporosis. By consuming 3 cups of milk or milk products daily, these risks can be minimized.

Bone Health

- Bone Fractures
- Osteoporosis



Achieve and Maintain a Healthy Weight

New research shows that having 3 cups of fat free or low-fat milk or milk products daily will help you achieve or maintain a healthy weight.

Calcium plays a role in regulating your metabolism. When you meet the nutrient recommendation, your body works more efficiently at burning calories. Milk and milk products teamed with a low-calorie diet support weight loss.

Achieve and Maintain a Healthy Weight

- Calcium helps regulate metabolism
- Dairy foods and a low-calorie diet aid in weight loss

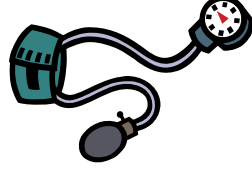


Controlled Blood Pressure in People with Hypertension

High blood pressure is a major risk factor for heart disease and stroke. Studies show that if you have high blood pressure, eating a low-fat diet rich in milk and milk products along with fruit and vegetables will reduce your blood pressure.

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Controlled Blood Pressure in People with Hypertension



- Eat a low-fat diet
- Include low-fat milk and milk products
- Consume fruit and vegetables

What Counts as a Cup in the Milk Group?

In general, 1 cup of milk; 1 cup of yogurt; 1 1/2 ounces of natural cheese like cheddar, mozzarella, Swiss and parmesan; 1/3 cup of shredded cheese; 2 ounces of processed cheese like American; 1/2 cup of ricotta cheese and 2 cups of cottage cheese count as 1 cup in the Milk Group.

Milk-based desserts can also contribute calcium to your diet. One cup of pudding or frozen yogurt or 1 1/2 cups of ice cream count as 1 cup in the Milk Group. But, remember they add extra calories because of the sugar and fat.

What Counts as a Cup in the Milk Group?

Milk 1 cup

Yogurt 1 cup

Cheese 1 1/2 ounces natural cheese (cheddar, mozzarella, Swiss, parmesan)
1/3 cup shredded cheese
2 ounces processed cheese (American)
1/2 cup ricotta cheese
2 cups cottage cheese

Milk-Based 1 cup pudding

Desserts 1 cup frozen yogurt

1 1/2 cups ice cream



EFNEP—Expanded Food and Nutrition Education Program

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Reference

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Developed/Written

Kay Evans, USU Extension, EFNEP Supervisor
Paula Scott, USU Extension, EFNEP Supervisor
Christina Hussey, RD

Edited/Designed

Judy Wilde, USU Extension, EFNEP Support Staff