

Milk Group



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Get your calcium-rich foods

Calcium, Potassium, Vitamin D

Why Milk?

- Has calcium to build strong bones, which may help reduce risk of osteoporosis
- Diets that include milk tend to be better overall
- Milk and yogurt have potassium, a nutrient often low in the American diet

Foods in the milk group:

Milk, yogurt, cheese, and desserts made with milk such as pudding, frozen yogurt, and ice cream.

Alternative calcium sources for lactose intolerance

Calcium-fortified choices include:

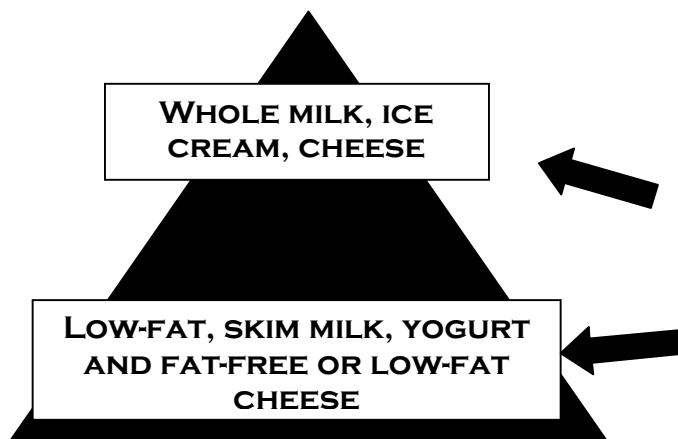
Calcium-fortified juices, cereals, breads, calcium-fortified soy/rice beverages; canned fish with bones; soybeans and other soy products; dried beans; dark leafy greens (collard, turnip, kale, bok choy); lactose-free milk products; or use lactase to break down lactose.

Measuring up:

Recommended amount of milk for people over 8 years = 3 cups, not 4.
300 mg (the calcium in 1 cup of milk) comes from food groups other than milk.

Foods with little to no calcium and not in the milk group:

Cream cheese, cream and butter.
They count as discretionary calories.



MyPyramid & Food Choices

Foods with added fat and sugars are at the top of the color band.

Nutrient-dense foods are at the bottom of the color band.

Information taken from USDA's MyPyramid.gov 8/05
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