

Nutrition Week 3: Dairy



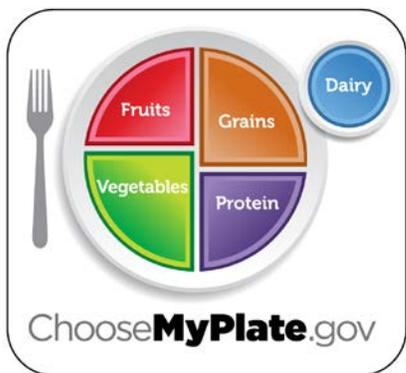
Nutrients & Health Benefits:

- Rich in Calcium, potassium, vitamin D, and protein
- Improved bone health
- Contain probiotics, which enhance the good bacteria in the gut and improve health.

Try to make fat-free or low-fat choices from the [dairy group](#).

What's in the Dairy Group?

- Milk
- Yogurt
- Cheese
- Fortified soymilk



Try to drink and eat beverages and food with less sodium, saturated fat, and added sugars.

[Learn more here!](#)

DAILY DAIRY TABLE					
DAILY RECOMMENDATION					
Children	2-3 years old	2 cups	Women	19-30 years old	3 cups
	4-8 years old	2 ½ cups		31-50 years old	3 cups
Girls	9-13 years old	3 cups		51+ years old	3 cups
	14-18 years old	3 cups	Men	19-30 years old	3 cups
Boys	9-13 years old	3 cups		31-50 years old	3 cups
	14-18 years old	3 cups		51+ years old	3 cups