

Dairy Every Day is a Healthy Way

Dairy foods help healthy brains, bones and bodies grow.

All aboard
for healthy
eating!

Plant-based milks – aside from
fortified soy milk - don't match
the nutrition in dairy milk.

Brain Health

Dairy provides 7 of 14
key nutrients for early
brain development

Strong Bones

Dairy provides more
bone-building nutrients
than any other food group

Immune Health

Dairy provides
important nutrients for
immune health

Growth

Dairy provides key
nutrients that fuel growth
and development



6–12 months

Introduce yogurt
and cheese



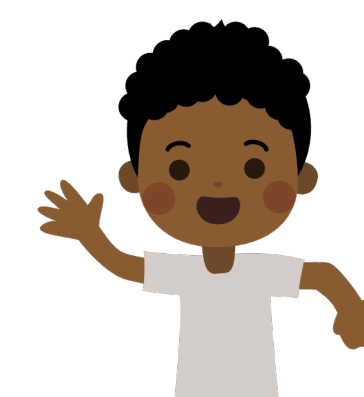
1–2 years

Aim for 1⅔–2
cups a day



2–3 years

Aim for 2–2½
cups a day



4–8 years

Aim for
2½ cups a day



9+ years

Aim for
3 cups a day

Learn More



What counts as a cup* of dairy?

* Can be divided into several servings
throughout the day.



Milk

• 1 cup/8 ounces



Yogurt

• 1 cup/8 ounces
(no added sugar)



Cheese

- 1½ ounces of hard cheese
- ⅓ cup shredded cheese
- 1 ounce American cheese