

5, 4, **3**, 2, 1, 0



## Drink 3 glasses of milk a day.

### Health benefits

- \* Diets rich in milk and milk products help **build and maintain bone mass** throughout the lifecycle. This may reduce the risk of osteoporosis.
- \* The intake of milk products is especially important to bone health during childhood and adolescence, when bone mass is being built.
- \* Diets that include milk products tend to have a higher overall nutritional quality.

### How much food from the milk group is needed daily?

The amount of food from the Milk Group you need to eat depends on age. Recommended daily amounts are shown in the chart.

Daily recommendation		
<b>Children</b>	2-3 years old	2 cups*
	4-8 years old	2 cups*
<b>Girls</b>	9-13 years old	3 cups*
	14-18 years old	3 cups*
<b>Boys</b>	9-13 years old	3 cups*
	14-18 years old	3 cups*
<b>Women</b>	19-30 years old	3 cups*
	31-50 years old	3 cups*
	51+ years old	3 cups*
<b>Men</b>	19-30 years old	3 cups*
	31-50 years old	3 cups*
	51+ years old	3 cups*

\*1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the milk group.

### Nutrients

- \* **Calcium** is used for building bones and teeth and in maintaining bone mass. Milk products are the primary source of calcium in American diets. Diets that provide 3 cups or the equivalent of milk products per day can improve bone mass.
- \* Diets rich in **potassium** may help to maintain healthy blood pressure. Milk products, especially yogurt and fluid milk, provide potassium.
- \* **Vitamin D** functions in the body to maintain proper levels of calcium and phosphorous, thereby helping to build and maintain bones. Milk that is fortified with vitamin D is a good source of this nutrient. Another source is vitamin D-fortified yogurt.
- \* Milk products that are consumed in their low-fat or fat-free forms provide little or no solid fat.
- \* Protein supports growth and development of bone and muscle while also being involved with transporting nutrients in the body

*It is important to make fat-free or low-fat choices from the milk group.*