

Dairy

Dairy products are power-packed with 9 essential nutrients:

- Calcium
- Vitamin D
- Protein
- Potassium
- Vitamin A
- Vitamin B12
- Riboflavin
- Niacin
- Phosphorus

Three servings per day of lowfat dairy are recommended.

What is a serving of dairy?

- 8 ounces (1 cup) of lowfat milk or yogurt
- 1 ½ ounces of natural cheese, 2 ounces of processed cheese
- 1 cup of pudding made with lowfat milk

What is lowfat dairy? Milk or products made from 1% or skim milk.

Do you have trouble digesting dairy?

Lactose is the natural sugar found in milk. Some people have difficulty digesting lactose. Even with lactose intolerance, many people can drink 1-2 cups of milk each day.



- Drink lowfat milk with food.
- Try lowfat yogurt or cheese.
- Try lactose-reduced or lactose-free dairy products.
- Take a supplement of lactase (the enzyme that digests lactose) when you eat or drink dairy products.
- Use fortified soy milk. Choose fortified products that have 30% of the Daily Value (DV) of calcium.
- Try to see how much milk you can get away with without having problems.

