

# Got Your Dairy Today?



## Instructions

- Page 2 is the title page.
- Pages 3, 4, and 7 have key messages and may be placed in the center of the bulletin board.
- Pages 5, 8, and 10 are question pages and the following pages are the answers. Display the question pages over the correct answer page on the bulletin board. (i.e. 5 over 6, 8 over 9)
- Decorate the rest of the bulletin board however you like.
- Page 12 is to go with the correct handout. The title of the handout is on the bottom of the slide.

The handouts can be found on the ChooseMyPlate.gov website, under 10 Tip Series.  
[www.choosemyplate.gov/tipresources/tentips.html](http://www.choosemyplate.gov/tipresources/tentips.html)



**Got Your  
Dairy Today**

# The Dairy Group includes milk, yogurt, cheese, and fortified soymilk

**They provide...**

- **Calcium and vitamin D** for strong teeth and bones
- **Protein** for muscle growth
- **Calcium, potassium and magnesium** for healthy blood pressure



# “Skim the fat”

Low fat milk is a **healthy choice** for you and your family

Low Fat Milk has:

- Same calcium and vitamin D
- Same protein
- Same minerals and vitamins
- Less fat
- Fewer calories





**How much  
dairy does  
my family  
need?**



**Lift for Answer**



Older children, teens and adults need 3 cups a day

Children 4 to 8 years old need 2 1/2 cups

Children 2 to 3 years old need 2 cups

## What counts as a cup in the Dairy Group?

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1 cup of milk or yogurt

1 1/2 ounces of natural cheese

2 ounces of processed cheese



# Helpful Hints

- Use fat-free or low-fat milk on cereal and oatmeal
- Top fruit salads and baked potatoes with low-fat yogurt instead of sour cream
- Moving to lower fat milk? Take small steps switching to lower fat versions.
- Milk and yogurt have more potassium and less sodium than most cheeses
- Look for “reduced-fat” or “low-fat” on cheese labels.





**What if  
I can't drink  
milk?**



**Lift for Answer**





If you are lactose sensitive/intolerant:

- Try lactose-free milk or fortified soy milk
- Drink smaller amounts of milk at a time
- You may be able to have other dairy foods like cheese and yogurt (ask your doctor)

### Quick Tip:

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Check the Nutrition Facts label to be sure your soymilk has about 300mg of calcium.





**What low-fat  
or fat-free  
dairy products  
are available  
with my  
WIC coupons?**



**Lift for Answer**



# Milk Group

- Fat-free/Skim Milk
- Reduced Fat (e.g., 1% or 2%) Milk
- Whole Milk (recommended for ages 1-2)
- Cheese
  - Natural Cheddar
  - Colby
  - Monterey Jack
  - Mozzarella
  - Swiss
  - Provolone
  - Muenster
  
  - These are allowed in low sodium, low fat, or low cholesterol





**Take One**

**Got Your Dairy  
Today?**





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