

Food Groups in Focus



Milk Group

Get your calcium-rich foods

| Age | Recommended Daily Amount* (cups) |
|----------------|-------------------------------------|
| 2 to 3 years | 2 |
| 4 to 8 years | 2 |
| 9 to 13 years | 3 |
| 14 to 18 years | 3 |
| 19 to 30 years | 3 |
| 31 to 50 years | 3 |
| 51+ years | 3 |

*These amounts are for those who get less than 30 minutes per day of moderate physical activity beyond normal daily activities.

What counts as 1 cup in the milk group?

In general, 1 cup milk or yogurt, 1½ ounces of natural cheese or 2 ounces of processed cheese can be considered 1 cup from the milk group. Foods made from milk that have little to no calcium, such as cream cheese, cream and butter, are not part of the milk group.

| Food | What counts as 1 cup of milk? | Common portions and cup equivalents |
|---------------------|---|--|
| Milk | <ul style="list-style-type: none"> • 1 cup milk • 1 half-pint container milk • ½ cup evaporated milk | |
| Yogurt | <ul style="list-style-type: none"> • 1 (8-ounce) container yogurt • 1 cup yogurt | <ul style="list-style-type: none"> • 1 small (6-ounce) container yogurt = ¾ cup • 1 snack-size (4-ounce) container yogurt = ½ cup |
| Cheese | <ul style="list-style-type: none"> • ½ ounces hard cheese (cheddar, mozzarella, Swiss, parmesan) • ⅓ cup shredded cheese • 2 ounces processed (American) cheese • ½ cup ricotta cheese • 2 cups cottage cheese | <ul style="list-style-type: none"> • 1 slice hard cheese = ½ cup milk • 1 slice processed cheese = ⅓ cup milk • ½ cup cottage cheese = ¼ cup milk |
| Milk-based desserts | <ul style="list-style-type: none"> • 1 cup pudding made with milk • 1 cup frozen yogurt • 1 ½ cups ice cream | <ul style="list-style-type: none"> • 1 scoop ice cream = ⅓ cup milk |

Source: USDA Center for Nutrition Policy and Promotion, visit MyPyramid.gov on the Web.

Released by Janie Burney, PhD, RD, Associate Professor, Family and Consumer Sciences

Visit the UT Extension Web site at <http://www.utextension.utk.edu/> and the Family and Consumer Sciences Web site at <http://www.utextension.utk.edu/fcs/>