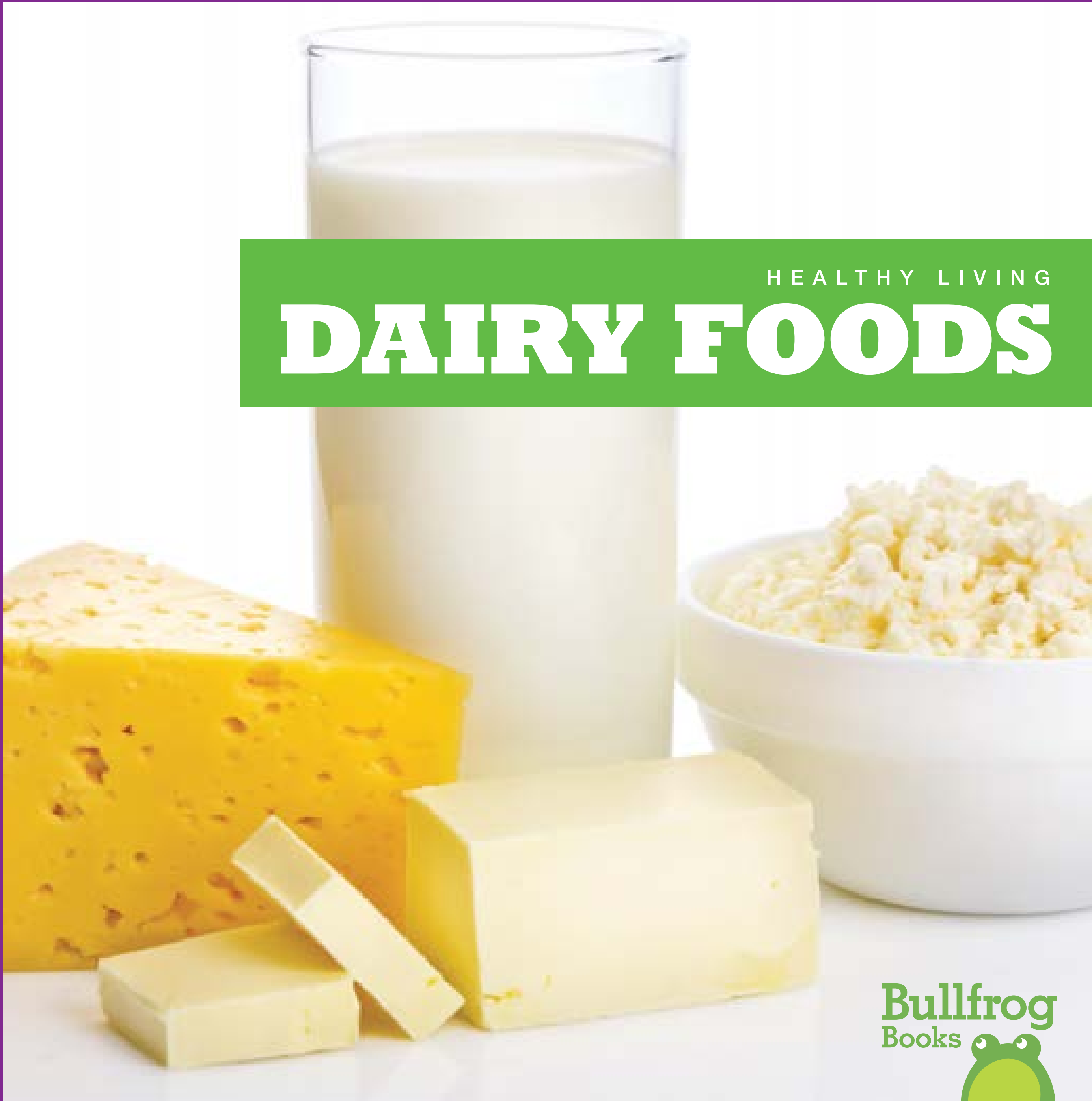
HEALTHY LIVING

DAIRY FOODS



Bullfrog Books

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Drink Up!

Lena drinks a glass of milk.

Ahh! Milk tastes good.

It is good
for you, too.

Milk has calcium.
It has vitamin D.

Nutrition Facts
Serving Size 1 cup (240 mL)
Servings Per Container about 8
Amount Per Serving
Calories 110 Calories from Fat 20
% Daily Value
Total Fat 2.5g 4%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 15mg 4%
Sodium 130mg 5%
Total Carbohydrate 13g 4%
Dietary Fiber 0g 0%
Sugars 12g
Protein 9g 18%
Vitamin A 10% • Vitamin C 4%
Calcium 30% • Iron 0% • Vitamin D 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Protein 50g 65g
Carbohydrate 4 • Protein 4
vitamin D
calcium

Milk helps your bones and teeth grow.

It makes them strong.

Your Daily Dairy

You need three servings of dairy a day.

milk
A white liquid made by female mammals to feed their young.

cottage cheese
A soft cheese made of small, thickened solids in a creamy base.

butter
A solid dairy product made of milkfat.

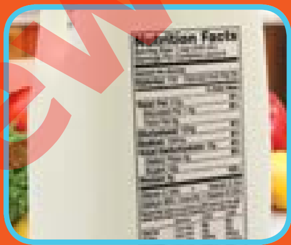
yogurt
A dairy food made by adding bacteria to milk; yogurt can be eaten frozen or at room temperature.

Picture Glossary

calcium
An element that helps the body build strong bones and teeth.

string cheese
A kind of cheese that can be peeled into strings.

dairy group
Foods made from milk.



vitamin D
A chemical that helps keep bones strong.

mammals
Animals that are warm-blooded, have fur or hair, and make milk for their young.

yogurt
A food made by adding bacteria to milk; yogurt can be eaten frozen or at room temperature.