

A glass of milk, a wedge of Swiss cheese, a block of butter, and a bowl of cottage cheese.

HEALTHY LIVING

DAIRY FOODS

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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.

For Review Only



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 
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	Less than	300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

calcium

vitamin D



**Milk helps your bones
and teeth grow.**

A group of five diverse children are participating in a tug-of-war competition on a lush green grassy field. From left to right, there is a girl with dark curly hair in a yellow shirt, a girl with dark curly hair in a pink polka-dot shirt, a boy with brown hair in a teal shirt, a girl with blonde pigtails in a purple shirt, and a boy with short dark hair in an orange polo shirt. They are all pulling on a thick rope with effort and determination. A blue banner with white text is positioned at the top right of the image. A large, semi-transparent red watermark reading 'For Review Only' is oriented diagonally across the center of the image.

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.



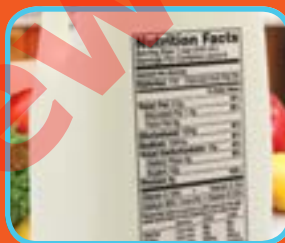
string cheese

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.