

Dairy

The dairy group includes milk and foods made from milk, including yogurt, cheese, ricotta cheese, and cottage cheese. Milk alternatives (e.g., soy milk) are included if they are fortified with calcium, one of the key nutrients found in dairy.

Dairy Source	1 cup counts for:
Milk	<ul style="list-style-type: none">• 1 cup milk or calcium-fortified milk alternative
Yogurt	<ul style="list-style-type: none">• 1 cup
Cheese	<ul style="list-style-type: none">• 1 ½ ounces hard (cheddar, mozzarella, Swiss, parmesan)• $\frac{1}{3}$ cup shredded• 2 ounces processed (e.g., American)
Cottage Cheese	<ul style="list-style-type: none">• 2 cups

If you don't tolerate dairy or choose not to consume it:

- Try smaller servings of dairy or non-milk sources of dairy, such as yogurt.
- Take lactose enzyme tablets or drops to help digest the lactose in milk.
- Choose non-dairy foods for calcium, such as calcium-fortified juices, tofu and other fortified soy products, or leafy greens.

