



# Nutrition News

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## Say Yes!! to Milk

Milk, yogurt and cheese are the best sources of calcium for your body. The 2005 Dietary Guidelines and MyPyramid suggest you have about 3 cups of low fat or fat free milk or its equivalent every day.

### Why Milk For Growing Bones?

Milk and other dairy foods are a great source of calcium. Calcium is important for the health of your bones. In fact, your bones provide a kind of "storage depot" for calcium. When you don't get enough calcium in your diet, your body takes calcium from your bones, leaving tiny pores. Over time, these tiny pores weaken your bones. They are more likely to break. Milk is also a good food source of vitamins A and D, one of the B vitamins such as riboflavin, and protein.



### How Much Calcium Do I Need?

Most people need to eat plenty of good sources of calcium for healthy bones all through life. For children and teens ages nine through eighteen, the goal should be 1300 mg of calcium daily. People over the age of 50 need 1200 mg of calcium per day. To help you reach your goal, the calcium content of some foods is listed in the table on the next page.

### Smart Dairy Choices

Choose low-fat or fat free dairy foods to avoid eating too much fat. Select dairy products with little sugar to keep your teeth healthy and to avoid extra calories.

What is equal to 1 cup of low fat or fat free milk?

- 1 cup of low fat or nonfat milk or yogurt.
- 1.5 ounces natural cheese (make it low fat or fat free).
- 2 ounces processed cheese (make it low fat or fat free).

These foods have no fat or very little fat or sugar. Choose them often.

- Non-fat dry milk
- Skim milk or low-fat milk
- Low-fat or non-fat cottage cheese
- Non-fat sour cream
- Pudding (made with nonfat milk and calorie-free sweetener)
- Low-fat or nonfat yogurt
- Fat free evaporated milk

For more information contact:

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