

Serving Up Dairy

Dairy is full of nutrients like calcium, protein, vitamin D and phosphorus that help keep our bones, teeth, and bodies strong.



**Number of servings
we should aim
to get each day.**

Circle below which items are 1 serving of dairy

1 oz of milk

1 cup of milk

1 cup of yogurt

1 cup of cheese

2 cups of yogurt

1.5 oz of cheese

What can you use to estimate a 1 cup serving?

Hint: It's also about the size of 1 baseball.

