



# BUILDING HEALTHY BODIES WITH DAIRY

GET YOUR **DAILY** DOSE OF DAIRY

AGE 2 - 3 → 2 SERVINGS

AGE 4 - 8 → 2½ SERVINGS

AGE 9 - 18 → 3 SERVINGS

*“Dairy” I ask,  
what counts as a serving?*



1 CUP

MILK



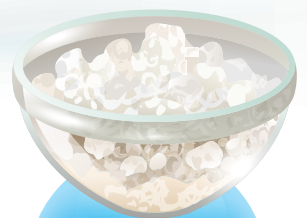
1 CUP

YOGURT



1½ - 2  
OZ

1½ OZ HARD CHEESE  
CHEDDAR, MOZZARELLA, SWISS  
OR 2 OZ PROCESSED CHEESE  
AMERICAN



2 CUPS

COTTAGE CHEESE

# BE TOLERANT OF LACTOSE INTOLERANCE

WHAT DOES IT MEAN TO BE  
**LACTOSE**  
INTOLERANT?

LACTOSE INTOLERANCE IS THE INABILITY TO DIGEST LACTOSE, THE NATURAL SUGAR AND MAIN CARBOHYDRATE FOUND IN DAIRY PRODUCTS.



DOES BEING LACTOSE INTOLERANT  
MEAN THAT I CAN'T ENJOY DAIRY?

*No!*

LACTOSE INTOLERANCE IS DIFFERENT FOR EVERYONE. IT'S IMPORTANT TO CONSULT WITH YOUR DOCTOR AND A REGISTERED DIETITIAN FOR PROPER DIAGNOSIS AND SUGGESTED AMOUNT OF DAIRY CONSUMPTION IN YOUR DIET.

ARE THERE ANY **DAIRY FOODS?**  
LOWER IN LACTOSE?

- MOST HARD CHEESES ARE LOWER IN LACTOSE AND MAKE THEM EASIER TO DIGEST. EXAMPLES OF THIS ARE: CHEDDAR, COLBY, SWISS, MONTEREY JACK AND MOZZARELLA.
- YOGURT CONTAINS HEALTHY BACTERIA AND HELPS DIGEST LACTOSE. TRY GREEK YOGURT FOR EXTRA PROTEIN AND EVEN LOWER LACTOSE.
- LACTOSE - FREE COW'S MILK IS A GREAT OPTION TO GET THE SAME VITAMINS AND MINERALS AS REGULAR MILK, JUST WITHOUT THE LACTOSE.



FOR MORE INFORMATION, VISIT  
[FLORIDAMILK.COM/IN-THE-SCHOOLS](http://FLORIDAMILK.COM/IN-THE-SCHOOLS)

