



# The Milk Group

## Getting Enough Calcium-Rich Foods

Eat Smart Program  
Missoula City-County  
Health Department

Calcium-rich foods including milk and foods made from milk are essential for strong bones and teeth. Along with weight-bearing exercise, the foods in this group will help prevent the onset of osteoporosis.

- Vitamin D is an equally important nutrient, so whenever possible select dairy products that are fortified with vitamin D (recent studies have found that vitamin D also contributes to heart health).

### MyPyramid recommendations:

- 3 cups/day of low-fat or non-fat dairy products such as milk, yogurt and cheese
- 1 cup serving = 1 cup milk, soy milk, or yogurt; 1/2 cup cottage cheese; 1.5 ounces of cheese (1/3 cup shredded) or 1/2 cup tofu (calcium fortified)



Low-fat and non-fat dairy foods have just as much calcium as their whole-milk counterparts, but with significantly fewer calories and less saturated fat.

### Cheese, please—but in moderation!

While cheese is a good source of calcium, it is also very high in saturated fat (one of the ‘bad fats’ to be eaten in moderation). In fact, cheese has become the #1 source of saturated fat in the American diet (even above red meat)!

- Choose reduced-fat and non-fat cheeses
- Eat healthy portions! A 1.5 ounce serving of cheese is about the size of six dice.

### Not all foods made from milk are good sources of calcium.

Foods including sour cream, cream cheese and butter are not considered to be part of the milk group—they’re low in calcium and generally high in saturated fat!

### Yogurt with 10 teaspoons of sugar?!

Even if you choose a low-fat or non-fat yogurt, chances are it’s loaded with sugar.

- Purchase plain/unflavored yogurt and add your own fruit!
- Skim through the ingredients list on the label to identify added sugars (*high fructose corn syrup, sucrose, brown sugar, corn sweetener, corn syrup, dextrose, fructose, honey, invert corn syrup, malt syrup, molasses, maple syrup, raw sugar, and syrup*—just to name a few).

**Note:** While there is not an official recommendation for consumption of added sugars, the USDA suggests limiting daily intake to 10 teaspoons (40grams) or less.



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