

Dairy Products: Our Best Source of CALCIUM

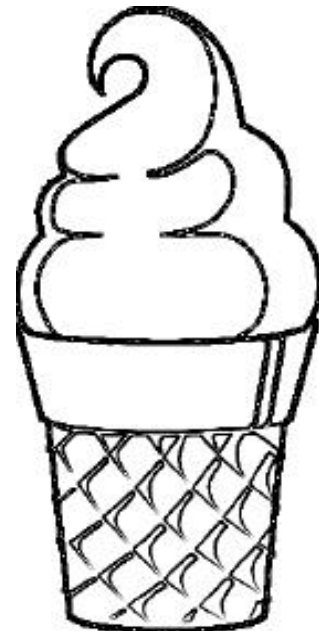


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The Food Stamp Program can help you buy nutritious foods. To find out more, call Oregon SafeNet at 1-800-SAFENET (723-3638) or (503) 988-5858 in the Portland metro area. This material was funded in part by USDA's Food Stamp Program. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. © 2007 Oregon State University. Oregon State University Extension Service cooperating. Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, or disabled veteran or Vietnam-era veteran status. Oregon State University Extension Service is an Equal Opportunity Employer.

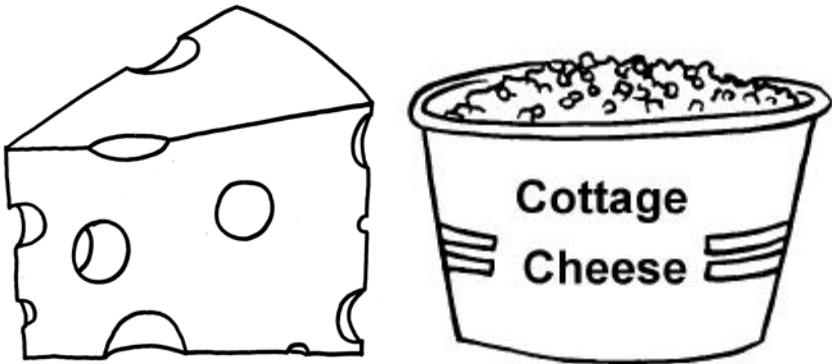
**Choose Low Fat
or Nonfat
Dairy Foods**



ICE MILK

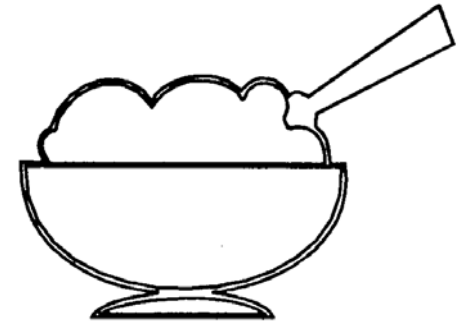
What counts as a cup?

- 1 cup of milk or yogurt
- $1 \frac{1}{2}$ - 2 ounces of cheese
- 2 cups cottage cheese





**Have at least
2 cups of
dairy foods/day!**



Teenagers, young adults and women pregnant
or breastfeeding need 3 cups/day.

Make the Switch From Whole Milk to Skim Milk Gradually

WHOLE → REDUCED FAT → LOW FAT → FAT FREE