

GET YOUR *Daily Dairy*

SERVING RECOMMENDATIONS

AGE	RECOMMENDED SERVING PER DAY
12–23 MONTHS†	1 ² / ₃ – 2 cups
2–3 YEARS	2 cups
4–8 YEARS	2 ¹ / ₂ cups
9+ YEARS	3 cups



Enjoying Dairy WHILE LACTOSE-FREE

Some people have a difficult time digesting the naturally-occurring lactose found in milk. However, rather than avoiding dairy altogether, try these tips:



- Try pairing milk with solid foods like cereal or smoothies to slow digestion and increase your body's tolerance.
- Enjoy real, low- and no-lactose dairy products.
- Try adding hard cheeses like Cheddar, Colby Jack, Monterey Jack, or Cotija, to your eating pattern—they contain minimal amounts of lactose making them easier to digest.
- Add regular or Greek-style yogurt to any meal—the live and active cultures contained in yogurt help your body digest lactose.

* Fortified soy beverages and yogurt are classified within the dairy group because their nutrition content is similar to that of dairy foods. Other plant-based alternatives, such as almond or oat "milks," are not included within the group because their nutrient composition is not equivalent to dairy foods.

† No longer receiving human milk or infant formula.

