

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.





5 Tips for Storing Dairy Products

EXTEND THE SHELF LIFE OF MILK BY FREEZING IT.

Frozen milk will last for about three months and can be thawed in the refrigerator overnight or in a sealed plastic bag submerged in cold water.



DO NOT STORE MILK & DAIRY PRODUCTS IN THE REFRIGERATOR DOOR.

It has the most temperature fluctuations, allowing for quicker expiration.

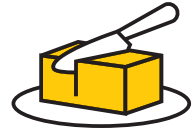
CHEESE CAN KEEP FOR SIX TO NINE MONTHS WHEN FROZEN IN AN AIRTIGHT CONTAINER.

Thaw frozen cheese in the refrigerator, and for best results, use it in cooked dishes.



PRESERVE BUTTER LONGER BY PLACING IT IN THE FREEZER IN A DATED AND SEALED PLASTIC FREEZER BAG.

Salted butter keeps up to a year, unsalted about 6 months.



STORE SOUR CREAM, COTTAGE CHEESE, YOGURT AND ICE CREAM UPSIDE DOWN TO PREVENT MOLD AND ICE CRYSTAL FORMATION.

LOOK FOR THE SEAL

Every product stamped with the Real California Milk seal is made with wholesome dairy from the Golden State, where we believe in real food made by real farm families focused on a cleaner, more sustainable future.



Scan Here To Find & Buy



Look in the dairy section of your local grocery store or find online.



Find the Real California Milk Seal on all your favorite dairy brands.



Buy products with the seal and rest easy knowing you are eating dairy made with 100% real California milk.

Resources: 1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025, 9th Edition, December 2020. Available at DietaryGuidelines.gov. 2. Dairy - What foods are included in the Dairy Group? U.S. Department of Agriculture website. <https://www.mypyplate.gov/eat-healthy/dairy>. Accessed July 28, 2022.

Visit realcaliforniamilk.com/healthandwellness

for recipes and family-friendly wellness resources on the nutritional benefits of dairy.

Real California dairy products are made with milk produced by California's fair farm families using the nation's leading sustainability practices.

Sponsored by the California Milk Advisory Board, an instrumentality of the California Department of Food and Agriculture.