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CULINARY LEARN AND SHARE

Dairy

Below you can find some nutrition-based information about dairy.

Different ways to see a cup of dairy:

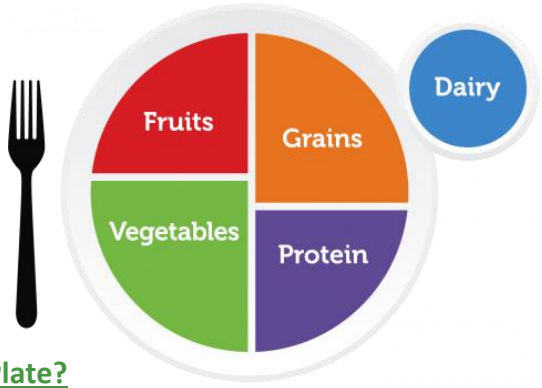
- 1 cup of milk, yogurt, or soy milk
- 1 ½ ounces of natural cheese

Low- and fat-free milk options are low in saturated fats.

Although they have calcium, plant-based "milks" are not considered dairy products due to their nutritional content unlike dairy milk and fortified soy milk.

Dairy products are high in calcium that is used to build bones and teeth, in addition to improving bone health.

Some milks are fortified with vitamin D, this helps the body maintain the correct levels of calcium and phosphorus.



Source: [USDA MyPlate What Is MyPlate?]