

## Your guide to Milk, yogurt and cheese

The foods and drinks on this shelf provide calcium needed for healthy bones and teeth. They also provide good quality protein for growth and repair.

**Choose 3 servings a day.**  
**Choose 5 if aged between 9 and 18 years.**



## Food Shelf Facts



Calcium found in dairy foods is important for bone health and especially during the teenage growth spurt.



Vitamin D helps absorb calcium better. The Irish diet is low in vitamin D – talk to your pharmacist or doctor about taking a supplement.



Low-fat options provide the same amount of calcium and other nutrients with fewer calories and saturated fat.



All foods from this shelf are a good source of calcium, protein, vitamin B12, riboflavin and vitamin A.

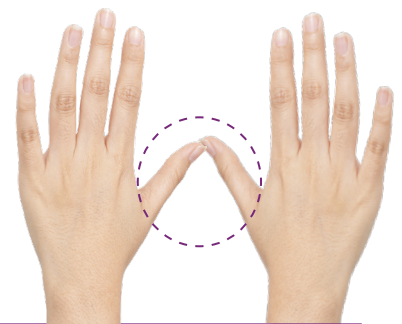
## What is a Serving?

### 1 serving size is:

- 1 glass (200ml) milk
- 1 carton (125g) yogurt
- 1 bottle (200ml) yogurt drink
- 2 thumbs (25g) of hard or semi-hard cheese such as cheddar or edam
- 2 thumbs (25g) soft cheese such as brie or camembert

### Portion guide for cheese

Use two thumbs, width and depth to guide portion size.



## Healthy Eating Tips



Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese.



Milk on cereal can be a good way to reach 5 servings a day if aged 9 to 18 years.



Some yogurts and yogurt drinks can have added sugar. Check the label.



If choosing dairy alternatives such as soya milk and yogurts, choose those with added calcium.