



June

Dairy Month

Children ages 2 – 8 are encouraged to consume **2 cups** of milk or equivalent milk products each day.

One serving of dairy is: 1 cup (8 oz) of low-fat or fat-free milk, 1 cup (8 oz) low-fat or fat-free yogurt, 1.5 ounces reduced-fat natural cheese (e.g. Cheddar), 2 ounces reduced-fat processed cheese (e.g. American), 1/3 cup of reduced-fat shredded cheese.



for great kids!