



3-5 Math



Name _____

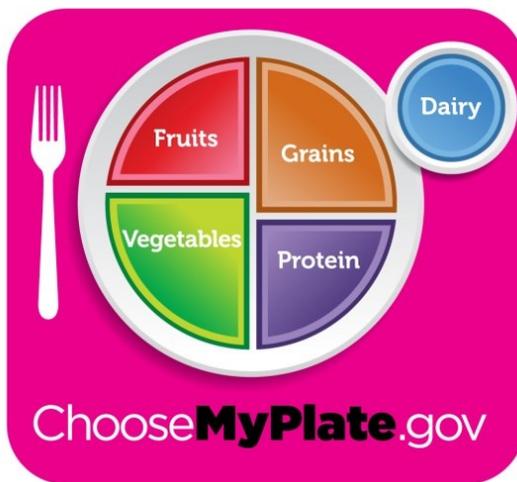
USDA Dairy Tables

USE THESE TABLES FOR THE GUIDED AND INDEPENDENT ACTIVITIES

Recommended Daily Serving of Dairy

1 cup = 1 serving

Children	2-3 years old	2 cups
	4-8 years old	2.5 cups
Girls	9-13 years old	3 cups
	14-18 years old	3 cups
Boys	9-13 years old	3 cups
	14-18 years old	3 cups



Servings of Dairy Table

Amount that counts as one serving of dairy

Milk (choose fat-free or low-fat milk)	1 cup milk
	1 half-pint container milk
	½ cup evaporated milk
Yogurt (choose fat-free or low-fat yogurt)	1 regular container (8 fluid ounces)
	1 cup yogurt
Cheese (choose reduced-fat or low-fat cheeses)	1 ½ ounces hard cheese (cheddar, mozzarella, Swiss, Parmesan)
	½ cup shredded cheese
	2 ounces processed cheese (American)
	½ cup ricotta cheese
Milk-based desserts (choose fat-free or low-fat types)	2 cups cottage cheese
	1 cup pudding made with milk
	1 cup frozen yogurt
Soy milk (soy beverage)	1 ½ cups ice cream
	1 cup calcium-fortified soy milk
	1 half-pint container calcium-fortified soy milk



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