

HOW MUCH DAIRY?

We all need dairy foods for good health. See how many dairy servings you need each day.
Lead Coco down the path to the picnic blanket. Count your dairy servings along the way.



NAME _____

ANSWER: How Much Dairy?
Items shown: Yogurt, Milk and Cheese. 4-8 year olds need 3 servings each day.
Based on the daily recommendation of 1000mg calcium.



The Nutrition Education People

www.stldairycouncil.org