



How much food from the Dairy Group is needed daily?

The amount of food from the Dairy Group you need to eat depends on age. Recommended daily amounts are shown in the chart below.

| Daily recommendation | | |
|----------------------|-----------------|----------|
| Children | 2-3 years old | 2 cups |
| | 4-8 years old | 2 ½ 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 |
| Women | 19-30 years old | 3 cups |
| | 31-50 years old | 3 cups |
| | 51+ years old | 3 cups |
| Men | 19-30 years old | 3 cups |
| | 31-50 years old | 3 cups |
| | 51+ years old | 3 cups |

Key Consumer Message: *Switch to fat-free or low-fat (1%) milk.*

From the USDA's MyPlate.gov website