

A close-up photograph of a white plastic milk jug with a blue cap being poured into a clear glass. The milk is captured mid-pour, creating a smooth, white stream that falls into the glass. The background is a solid, vibrant blue. The jug has some faint text on it, including 'FEB 13'.

MILK

***make it
easy***

FEB 13

How Much Do Adults Need?

Adults need **3 servings** of dairy per day!



1 cup of milk = 1 serving

Lactose Intolerance

Lactose intolerance is when your body cannot digest lactose, a type of sugar in milk.

People with lactose intolerance may feel nausea, stomach cramping, or bloating after they drink milk or eat dairy foods.





Milk Is Not Just For Kids!

Keeping milk in your diet can reduce the risk of osteoporosis (bone loss).

Adults who drink milk are more likely to eat a healthier diet.

Add Milk To Your Diet

- Drink a smoothie made with fresh fruits, fat free frozen yogurt, and milk.
- Add milk to your coffee
- Add milk to your cereal
- Make soup with milk
- Make pudding with milk



Don't Give Up On Dairy If You Have Lactose Intolerance!

Many people with lactose intolerance can consume small amounts of milk, as well as yogurt and hard cheeses without problems.

Try 1/2 to 1 cup of milk with meals and increase slowly.

Try lactose-free milk.



Lose the Fat, Keep the Nutrition!

There are less calories and fat in low-fat, 1%, and skim milk. You will still get the same amount of calcium, protein, and benefits as whole milk.



What If You Don't Like Low-fat Milk?

Follow these steps to switch to low-fat:

Step 1: Mix whole milk with reduced fat.

Step 2: Slowly use less whole milk until you are only drinking reduced fat milk.

Step 3: Then switch from reduced to low-fat.







Milk. A part of everything
that's good.®

