

This page was adapted from the government's website on the latest food pyramid.  
<http://www.mypyramid.gov/pyramid/milk.html#>

### **What foods are included in the milk, yogurt, and cheese (milk) group?**

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All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group. Most milk group choices should be fat-free or low-fat.

**NOTE:** foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not included in this group.

Some commonly eaten choices in the milk, yogurt, and cheese group are:

<b>Milk</b>	<b>Milk-based desserts</b>	<b>Cheese</b>	<b>Yogurt</b>
All fluid milk: fat-free (skim) low fat (1%) reduced fat (2%) whole milk	Puddings made with milk ice milk frozen yogurt ice cream	Hard natural cheeses: cheddar mozzarella Swiss parmesan	All yogurt Fat-free low fat reduced fat whole milk yogurt
flavored milks: chocolate strawberry		soft cheeses ricotta cottage cheese	
lactose reduced milks lactose free milks		processed cheeses American	

#### **NOTES:**

- Choose fat-free or low-fat milk, yogurt, and cheese. If you choose milk or yogurt that is not fat-free, or cheese that is not low-fat, the fat in the product counts as part of **discretionary calorie** allowance.
- If sweetened milk products are chosen (flavored milk, yogurt, drinkable yogurt, desserts), the added sugars also count as part of the **discretionary calorie** allowance.
- For those who are lactose intolerant, lactose-free and lower-lactose products are available. These include hard cheeses and yogurt. Also, enzyme preparations can be added to milk to lower the lactose content.
- Calcium-fortified foods and beverages such as soy beverages or orange juice may provide calcium, but may not provide the other nutrients found in milk and milk products.

**Discretionary calories are those calories that are not needed. These are the “extra” calories you allow yourself from nutrient poor foods such as sugar and solid fat.** In your calculations for your day to day caloric needs you can allow yourself a few calories (100-300 as an example) for fun and not necessarily nutritious.

For in depth information on food products including fruits and vegetables go to the government database and search for that product. It is a large database but does not contain every food item. You may have to use your own judgment to guesstimate nutritional information for a specific item.

<http://www.nal.usda.gov/fnic/foodcomp/search/>