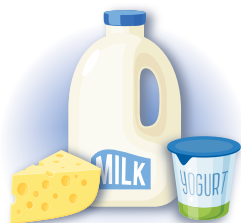


Dairy Guide for Food Banks



Dairy foods, such as **milk**, **yogurt** and **cheese**, are affordable sources of key nutrients – including high-quality **protein**, **calcium**, **potassium** and **vitamin D** – and are available in a variety of options to help meet taste, health and personal needs.¹

People with **lactose intolerance** or showing lactose intolerance symptoms can still enjoy the **great taste** and **nutritional benefits** of dairy foods (milk, cheese and yogurt) in their diet, by selecting **lactose-free dairy foods** or choosing foods with minimal amounts of lactose.²

Classification of Dairy Foods for the Charitable Food System

Using the ranking classification from the **Healthy Eating Research (HER) Nutrition Guidelines** for the Charitable Food System, **many dairy foods** can be chosen **often** or **sometimes**.³

Choose Often

Serving Size

MILK

1% Milk, Vitamin A&D added	1 cup
2% Milk, Vitamin A&D added	1 cup
Lactose Free 1% Milk*	1 cup
Lactose Free 2% Milk*	1 cup

CHEESE

Part-Skim Mozzarella Cheese**	1 slice
Reduced Fat Cheddar Cheese**	1 slice

YOGURT

Nonfat Plain Yogurt	1 cup
Lowfat Plain Yogurt	1 cup
Greek Plain Lowfat Yogurt**	7 ounces, 200g
Greek Plain Nonfat Yogurt**	1 container, 170g

Choose Sometimes

Serving Size

MILK

Whole Milk	1 cup
Lactose Free Whole Milk*	1 cup

CHEESE

Pasteurized Process American Cheese	1 slice
Sharp Cheddar Cheese**	1 slice
Cheddar/Colby Lowfat Cheese**	1 slice
Monterey Jack**	1 slice
Low Sodium Processed Cheddar	1 slice

YOGURT

Whole Plain Yogurt	1 cup
--------------------	-------

Choose Rarely

Serving Size

MILK

CHEESE

YOGURT

Lowfat Vanilla Yogurt (sweetened)	1 cup
Lowfat Fruit Yogurt (sweetened)	1 cup

*Lactose free option ** Minimal lactose option

¹Science Summary Dairy in Healthy Dietary Patterns, National Dairy Council, 2022.

²Eat Confidently With Lactose-Free Dairy Products, National Dairy Council, 2022.

³Healthy Eating Research Nutrition Guidelines for the Charitable Food System, HER, March 2020.

⁴FoodData Central, U.S. Department of Agriculture, Agricultural Research Service, 2019. [Data downloaded on 10_20_22].

⁵Reviewed and approved by National Dairy Council's Regulatory Affairs and U.S. Department of Agriculture/Agricultural Marketing Service, November 2022.

