

Dairy

MoOOOOve in the right direction and add dairy to your meals!

Dairy is an important part of our diet and is high in both calcium and vitamin D. Aim for at least three servings of dairy a day. Choose lower-fat options for less calories and higher-fat options for more calories or energy.

Keep your bones strong and body “moOOOOving” by including at least one serving of these with every meal:



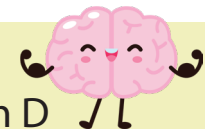
- Milk (1 cup)
- Yogurt (1 cup)
- Kefir (1 cup)
- Cheese (1 ½ ounces natural cheese, ⅓ cup shredded cheese, ½ cup ricotta cheese, 2 cups of cottage cheese)
- Soy-milk, almond milk or oat-milk that is fortified with calcium and vitamin D (1 cup)



Try adding nonfat dry milk to your favorite recipes to increase calcium and vitamin D.

Did you know?

Milk is a good source of protein, and the vitamin D in it helps your body absorb more calcium!



By Anne R. Lindsay, Ph.D., M.S., FACSM ; Macy Helm; and Jennifer M. Wood, M.S., RDN, LNHA, CSG

Copyright © 2025, University of Nevada, Reno Extension.

The University of Nevada, Reno is committed to providing a place of work and learning free of discrimination on the basis of a person's age (40 or older), disability, whether actual or perceived by others (including service-connected disabilities), gender (including pregnancy related conditions), military status or military obligations, sexual orientation, gender identity or expression, genetic information, national origin, race (including hair texture and protected hairstyles such as natural hairstyles, afros, bantu knots, curls, braids, locks and twists), color, or religion (protected classes). Where discrimination is found to have occurred, the University will act to stop the discrimination, to prevent its recurrence, to remedy its effects, and to discipline those responsible. A partnership of Nevada counties; University of Nevada, Reno; and the U.S. Department of Agriculture.



University of Nevada, Reno
Extension
College of Agriculture,
Biotechnology & Natural Resources