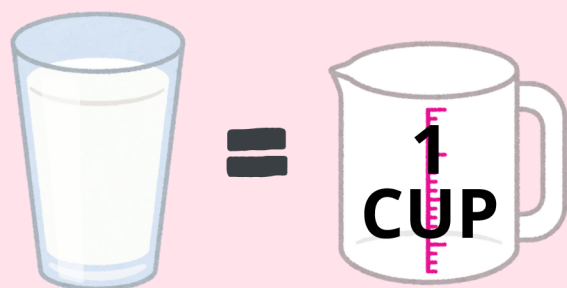


DAIRY SERVING SIZES

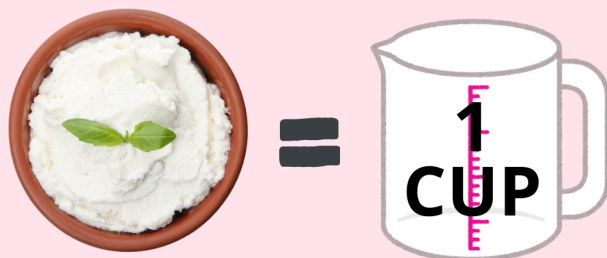
3 CUPS OR CUP-EQUIVALENTS PER DAY FROM DAIRY

MILK



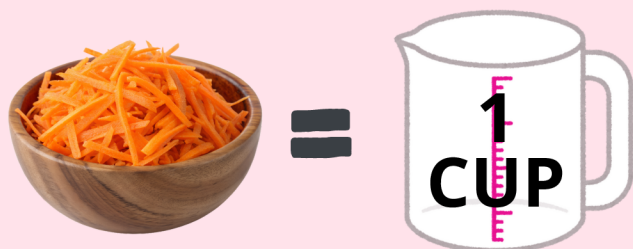
A 1 cup portion of milk equals a 1 cup-equivalent from dairy.

RICOTTA CHEESE



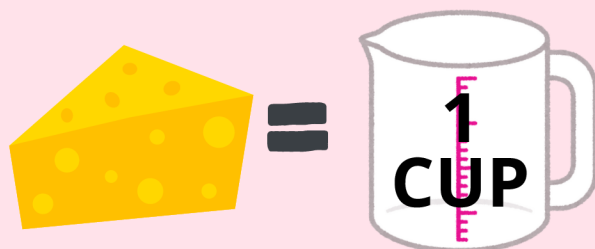
A ½ cup portion of ricotta cheese equals a 1 cup-equivalent from dairy.

SHREDDED CHEESE



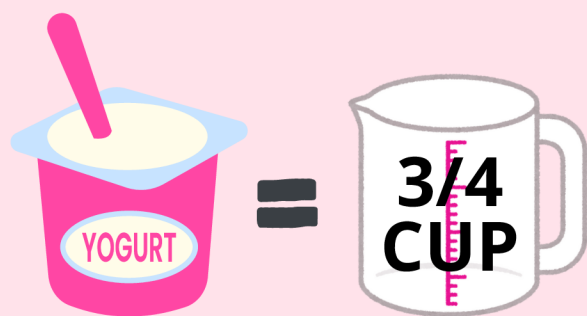
A ¾ cup portion of shredded cheese equals a 1 cup-equivalent from dairy.

HARD CHEESE



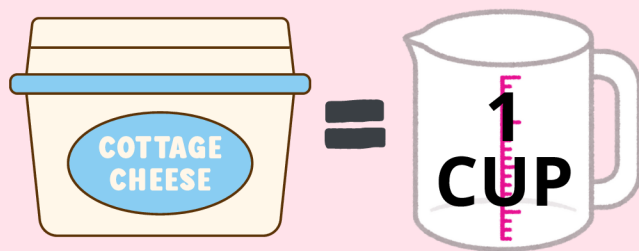
A 1½ ounce portion of hard cheese equals a 1 cup-equivalent from dairy.

FAT-FREE YOGURT



A 6-ounce portion of fat-free yogurt equals a ¾ cup-equivalent from dairy.

COTTAGE CHEESE



A 2-cup portion of cottage cheese equals a 1 cup-equivalent from dairy.

*Based on USDA recommendations