Most people should eat 3 cups of low-fat dairy foods each day. This handout shows the amount of some foods that counts as 1 cup of dairy.

8 ounces of low-fat milk

3 slices of processed cheese

2 four ounce containers of low-fat yogurt

1 cup of low-fat pudding

2 cups of low-fat cottage cheese

2 pieces of part-skim string cheese