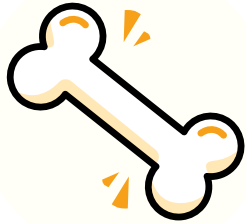


Dairy and Alternatives

Dairy includes milk, cheese, yogurt, butter, sour cream, and ice cream. When buying dairy foods, always make sure to look at the nutrition label to compare sugar, fat, and protein.



Dairy can be part of a healthy diet as it contains **calcium**, which our bodies use to build strong bones. Our bodies also need **Vitamin D** to absorb calcium into our bones. We can get vitamin D through our diet or absorb it through our skin from the sun! Vitamin D is found in oily fish, red meats, eggs, and in fortified cereals, orange juice, milk, and milk alternatives.

For those who live in places with less sun, it is important to get enough Vitamin D in our diets.



Many people do not consume dairy and find calcium in other ways. Non-dairy sources of calcium include dark, leafy greens, canned sardines, and beans. You can also find non-dairy milks fortified with calcium as well!

Some dairy foods, like chocolate milk or yogurt, can be high in sugar. Try an unflavored milk or yogurt and add your own flavors to be in control of the amount of sugar, or customize to your own favorite flavors!



Solid Ground believes poverty is solvable.

We meet basic needs, nurture success, and spread change.

WEB: solid-ground.org/get-help/food-resources

EMAIL: foodeducation@solid-ground.org



Building community to end poverty