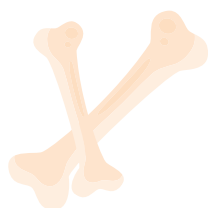


Dairy & Alternatives

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!



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

Vitamin D is found in oily fish, red meats, and eggs – as well as in fortified cereals, orange juice, milk, and milk alternatives.



Many people don't eat dairy or 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 you get – or customize it with your own favorite flavors!

