

Dairy During Your Day!



Breakfast

Yogurt at breakfast can start your morning. It has calcium which helps build strong bones and teeth.



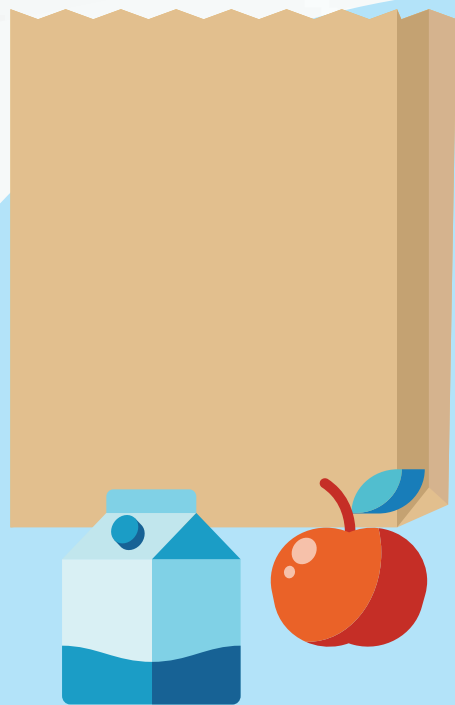
Dairy Farming Fact!

Cows eat breakfast, too. They might have a mix of grains, grass, corn, orange pulp, cotton seeds, and hay. In this photo, cows at Walk-Lee Farm in Thomasville, Pa., enjoy breakfast!



Lunch

Eat a balanced lunch to get the dairy foods and water you need each day. That's how dairy cows stay healthy! Did you know that milk is about 90% water, with nutrients? That makes it a good option for hydration!



Each day I need:



Servings of Dairy	Water
2.5 – 3 cups	5 – 8 cups

Dairy Fact!

Examples of one serving of dairy:
 1 cup of milk
 1 cup of yogurt
 1 ounce of American cheese
 2 cups of cottage cheese



Dinner




Bring the family together to enjoy a nutritious dinner made with fresh, local foods. Don't forget the milk. It provides your body with 13 essential nutrients.



Dairy Farming Fact!

A cow can provide 8 gallons of milk a day for you, your family, and your community.

 Local milk is available 365 days a year.



AMERICAN DAIRY ASSOCIATION NORTH EAST

