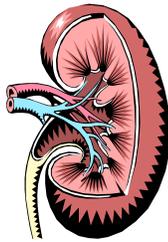


# The Importance of Dairy Products

Got Milk? Dairy products are important for building healthy bones and for maintaining a healthy weight. Dairy products are also healthy for your teeth and gums by reducing your risk for gum disease.



Dairy products are high in calcium, vitamin D, vitamin A, magnesium, zinc, and protein. We use the calcium that we get from dairy products to build our bones, to help our blood clot, to make sure our nerves work well and to help build strong muscles.



What do people do who cannot drink milk

because of lactose intolerance? They can still have yogurt and cheese, and they have to make sure to get enough calcium from other sources such as fruits and vegetables, nuts and dried beans. Green leafy vegetables such as spinach, turnip greens and broccoli are excellent sources of calcium.



For children ages 9 through 18 years, the recommendation is for 1300 milligrams a day. One glass of milk has about 300 milligrams. Calcium supplements can also be taken to make sure that individuals get enough calcium every day.

Here is an example of a partial meal plan for

getting enough calcium from dairy products:

1 pancake =	100 mg
1 glass of milk =	300 mg
1 sandwich with cheese =	200 mg
1 glass of milk =	300 mg
1 cup ice cream =	200 mg
<u>1 string cheese =</u>	<u>200 mg</u>
Total	1300 mg

The best sources of calcium are:

Milk



Cheese



Yogurt



Greens



**Pennington Nutrition Series No 79**

**Authors**

Beth Kalicki

Heli J. Roy PhD, MBA, RD

**Division of Education**

Phillip Brantley, PhD, Director

**Pennington Biomedical Research Center**

Steven Heymsfield, MD, Executive Director

6/10; Rev. 3/11



Pennington Biomedical  
Research Center

9400 Perkins Road

Baton Rouge, LA 70808

[www.pbrc.edu](http://www.pbrc.edu)



Z D F G H J K L P O N H J K V C X Y Z G V B N K L Z  
 B X D F B J S X D F V J K L O F P L W E V G H J K S  
 X U I K J K E N B X V D O L K R L O P L G X F S F X  
 Z F T D X V I X F G H J V T R U G O Y N J S V A H V  
 E G U X O B Z D X G H O P B N I N B V B K C N I Z B  
 D H R P I Y U A N L K S I U L T E X Z H L G B I X N  
 S V N X V C R Y R E F M H G P S D G Y G P F J H C M  
 V S I X V B E Z J I Y U V P L K H I H X D X K V V L  
 B D P T M G H J U V E G E T A B L E S C E V L C X P  
 C F S X A K L H Y I Z X V C L P K Y U Z W C A X D Z  
 Q G C C G M M O L T W N S D C K J G I A Q L P Y B S  
 W H P X N I I H E A L T H Y V N M B O Q Z P R Z N D  
 D J O Z E Y C N P M D F X V N J B T P W X I O K P F  
 L K I V S H V L D I I B E V C Y H E O S A K T L O G  
 O L Y B I G X S U N F L O W E R S E E D S L E N L H  
 P C G J U F B N J A P K K N W E A T E U F J I B W J  
 J V J H M I T R Q W L J U Y E N G H T I G H N V Q K  
 T B V N B V C H G R F O P H F S U J U Y H G Z D C L  
 Y N J S Z X C M S C Q A C Z G I O P F V J F X W V E  
 U M I C Z C X D G H J K L I U N C W E F K D D S B R  
 H Q Z M S A P S C N B L K J H G D D Z H J K L P N T  
 Y W S S J K L P I W Z X C V B N D O O L B F G F M Y  
 W Z D X V B C A L C I U M U I O O P C F Z R J R M U  
 Q H G T X S C L K M N B V C X P O I K L X P R L K I  
 A L L M N B V X P L K J H G Z E X A S D S L F H J P

DAIRY

VITAMIND

CHEESE

TURNIPS

HEALTHY

VITAMINA

YOGURT

SUNFLOWER SEEDS

BONES

MAGNESIUM

BLOOD

TEETH

ZINC

FRUITS

GUMS

PROTEIN

VEGETABLES

CALCIUM

KIDNEY

MILK