

BUILD STRONG BONES

WHAT COUNTS AS A CUP EQUIVALENT?

Dairy

- 1 cup milk or yogurt
- 1 ½ oz. natural cheese (such as cheddar)
- 2 oz. processed cheese (such as American)
- 2 cups cottage cheese
- 1 cup soy milk with calcium and vitamins A and D



Non-Dairy

- ⅔ cup tofu made with calcium
- 1 cup calcium-fortified orange juice
- ½ cup canned sardines with bones
- ¾ cup canned salmon with bones
- 2 - 3 cups cooked Chinese cabbage, mustard/turnip/collard greens, okra



Ages 2 -3	2 cups
Ages 4 - 8	2 ½ cups
Ages 9 - adult	3 cups

MILK LABEL DETECTIVE



Whole Milk

Nutrition Facts	
Serving Size 1.00 cup(s) (244g)	
Amount Per Serving	
Calories	146
Calories from Fat	71
% Daily Value	
Total Fat	7.9g
Saturated Fat	4.6g
Trans Fat	
Cholesterol	24.4mg
Sodium	97.6mg
Total Carbohydrate	11.0g
Dietary Fiber	0.0g
Sugars	12.8g
Protein	7.9g
Vitamin A	5 %
Calcium	28 %
Vitamin C	0 %
Iron	0 %

2% Milk

Nutrition Facts	
Serving Size 1.00 cup(s) (244g)	
Amount Per Serving	
Calories	122
Calories from Fat	43
% Daily Value	
Total Fat	4.8g
Saturated Fat	3.1g
Trans Fat	
Cholesterol	19.5mg
Sodium	100.0mg
Total Carbohydrate	11.4g
Dietary Fiber	0.0g
Sugars	12.3g
Protein	8.1g
Vitamin A	9 %
Calcium	29 %
Vitamin C	1 %
Iron	0 %

1% Milk

Nutrition Facts	
Serving Size 1.00 cup(s) (244g)	
Amount Per Serving	
Calories	102
Calories from Fat	21
% Daily Value	
Total Fat	2.4g
Saturated Fat	1.5g
Trans Fat	
Cholesterol	12.2mg
Sodium	107.4mg
Total Carbohydrate	12.2g
Dietary Fiber	0.0g
Sugars	12.7g
Protein	8.2g
Vitamin A	10 %
Calcium	29 %
Vitamin C	0 %
Iron	0 %

Skim Milk

Nutrition Facts	
Serving Size 1.00 cup(s) (245g)	
Amount Per Serving	
Calories	83
Calories from Fat	2
% Daily Value	
Total Fat	0.2g
Saturated Fat	0.3g
Trans Fat	0.0g
Cholesterol	4.9mg
Sodium	102.9mg
Total Carbohydrate	12.2g
Dietary Fiber	0.0g
Sugars	12.5g
Protein	8.3g
Vitamin A	10 %
Calcium	31 %
Vitamin C	0 %
Iron	0 %

Type of Milk

Whole (sometimes called homogenized or vitamin D milk)	
2% (sometimes called reduced-fat milk)	
1% (sometimes called low-fat milk)	
Skim (sometimes called non-fat or fat-free milk)	

Grams of Fat

Calories



This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP-Eat, Expanded Food and Nutrition Education Program, and Iowa State University Extension and Outreach.

The Supplemental Nutrition Assistance Program, known in Iowa as Food Assistance, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services or go to www.dhs.state.ia.us.

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06/12