

Track Your 3 Servings of Dairy Every Day!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
WEEK 2	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
WEEK 3	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
WEEK 4	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○

How Can I Get My 3 Every Day?

- Start each day with milk on cereal & oatmeal
- Choose milk at lunch instead of soda or juice
- Drink a yogurt & fruit smoothie for breakfast or a snack
- Add a slice of cheese to your sandwich
- Drink milk with dinner

What Counts as a Serving of Dairy?

- 1 cup of milk
- 1 cup of yogurt
- 2 slices of cheese



The Nutrition Education People

www.stldairycouncil.org