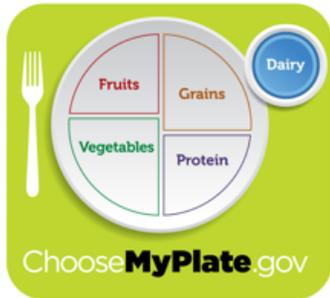
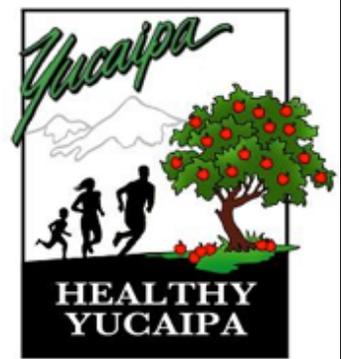


Dairy: Strong Bones and Healthy Bodies



The **Dairy** food group includes milk and foods made from milk like cheeses, pudding and yogurt. Soy milk is also part of this food group. As the **MyPlate** shows, dairy foods are part of a healthy and balanced diet.



These foods are high in **calcium**, a mineral important for keeping bones and teeth strong. Dairy foods often have **Vitamin D** which teams up with calcium to make your bones strong and keep them from breaking easily. Eating foods from the dairy group and staying active by running, jumping, and playing sports will keep your bones strong for many years.



You should get 2 to 3 cups of dairy foods each day. One cup of yogurt or 2 slices of cheese counts as one cup.



Milk or Soy Milk



Cheese



Frozen Yogurt or Ice Cream



Yogurt



Smoothie



**COMMUNITY
SERVICES
DEPARTMENT**

**Parks
Make
Life
Better!**

Community Center • (909) 790-7460
Scherer Senior Center • (909) 797-1177
Outreach/Resource Center • (909) 797-3662
City Hall • (909) 797-2489 • www.yucaipa.org

Fees, times and dates of all programs are subject to change