



Daily Servings Guide

Milk, yogurt and cheese

How many servings do I need a day?

The number of servings depends on age.



5–8 Years	9–18 Years	19–51+
3	5	3

What is 1 serving?



1 glass (200ml) milk



1 carton (125g) yogurt



2 thumbs (25g) of hard or semi-hard cheese such as cheddar or edam



2 thumbs (25g) soft cheese such as brie or camembert



1 bottle (200ml) yogurt drink