



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

3



9-18 Years

5



19-51+ Years

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

For more food facts and healthy eating tips visit www.healthyireland.ie

Source: Department of Health. December 2016.