



# Student Nutrition Program

## Milk and Alternatives

October 2016

# Serving Size

## 250 ml (1 cup):

- Milk
- Fortified unsweetened soy beverage
- Yogurt-based shake

## 175 ml (3/4 cup):

- Yogurt

## 50 g (1-2oz)

- Cheese



# Milk and Alternatives Serving Sizes

Use these hand models to help you determine a serving size!

## Milk and Alternatives

### Milk or fortified soy beverage

1 cup (250 mL) = 1 fist



### Yogurt

3/4 cup (175 mL) = 1 fist



### Cheese

1 1/2 oz (50g) = 2 thumbs



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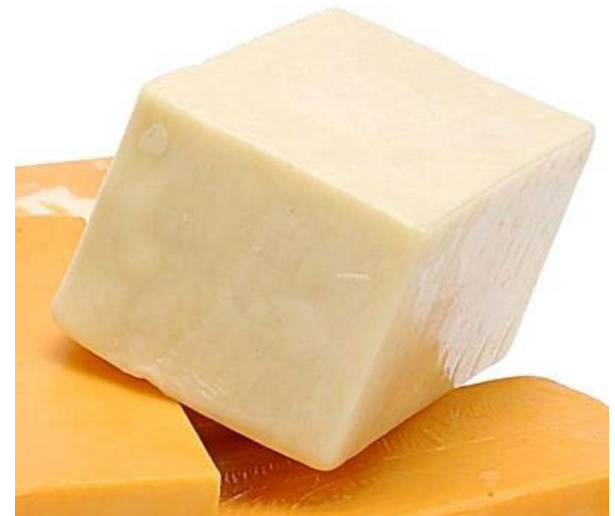
# Fluid Milk and Alternatives

- Choose pasteurized 3.25%, 2%, 1%, or skim white milk
- If you serve fortified soy beverage look for one with:
  - ❑ Calcium- 25% DV or more per serving
  - ❑ Vitamin D- 25% DV or more per serving



# Cheese

- Serving size 50 g (1½ oz) (about a two thumb sized serving)
- Choose hard and soft, non-processed cheese made from pasteurized milk, cheese strings, and cheese curds



# Processed Cheese & Cheese Spreads

- Processed cheese and cheese spreads are now in the “DO NOT SERVE” category



# Yogurt

- Serving size 175 g (3/4 cup)
- Choose plain or flavoured yogurt, soy yogurt, kefir, or drinkable yogurt
- Use the Nutrition Facts table to compare yogurt products and choose the ones with lower amounts of sugar when possible



# Custards, Puddings and Frozen Desserts

- Custards, puddings, and frozen desserts are now in the “*DO NOT SERVE*” category





# Handling Milk Products Safely

- Always use milk products that are pasteurized
- Keep milk products in the refrigerator at 4°C or less
- Store milk products above meat, poultry, fish or eggs to avoid accidental contamination
- Keep frozen dairy products at -18°C or less
- Use a thermometer to check your refrigerator and freezer temperatures



**Thank you!**

