



Serving Size:
1 cup milk or yogurt,
1 1/2 oz. natural cheese,
2 oz. processed cheese, unless otherwise noted.

Milk, Yogurt, and Cheese Group

EVERYDAY CHOICES: (less than 3 grams of fat per serving)

Acidophilus milk (skim)	Nonfat dry milk (reconstituted)
Buttermilk (skim)	Nonfat frozen yogurt
Evaporated skim milk	Nonfat fruited yogurt
Farmer cheese	Nonfat plain yogurt
Hot chocolate (made with skim milk)	Parmesan cheese (1 T)
Ice milk	Romano cheese (1 T)
Lowfat (1%) milk	Skim milk
Lowfat frozen yogurt	
Lowfat fruited yogurt	

SOMETIMES CHOICES: (3-5 grams of fat per serving)

Hot chocolate (made with lowfat milk)	Lactose-reduced lowfat milk
Lowfat acidophilus milk	Part-skim ricotta cheese
Lowfat chocolate milk	Soy milk
Lowfat cottage cheese	
Lowfat (2%) milk	
Lowfat plain yogurt	

OCCASIONAL CHOICES: (More than 5 grams of fat per serving)

Blue cheese	Gruyere cheese	Tilsit cheese
Brick cheese	Havarti cheese	Whole buttermilk
Brie cheese	Hot chocolate (made with whole milk)	Whole dry milk (reconstituted)
Camembert cheese	Ice cream	Whole fat frozen yogurt
Cheddar cheese	Indian buffalo milk	Whole fat fruited yogurt
Cheese imitation/ substitute cheese sauce	Limburger cheese	Whole fat yogurt
Cheese spread	Malted milk	Whole milk
Chocolate milk (whole)	Milk shake	Whole milk ricotta cheese
Colby cheese	Monterey Jack cheese	
Condensed milk	Mozzarella cheese	
Cottage cheese (regular)	Muenster cheese	
Custard	Neufchatel cheese	
Edam cheese	Port du Salut cheese	
Evaporated whole milk	Processed cheese	
Feta cheese	Provolone cheese	
Filled milk	Rice pudding	
Fontina cheese	Roquefort cheese	
Gjetost cheese	Sheep's milk	
Goat cheese	Swiss cheese	
Gouda cheese	Tapioca pudding	