MIIK

A serving size = 1 cup

1 cup milk - choose fat-free (skim or low-fat-1%) 1/2 cup evaporated skim milk 1 cup fat-free or low-fat yogurt 1 1/2 oz hard cheese (cheddar, mozzarella, Swiss, Parmesan) 1/3 cup shredded cheese 2 oz processed cheese (American) 1/2 cup low-fat ricotta cheese 2 cups low-fat cottage cheese 1 cup pudding made with skim or low-fat milk 1 cup frozen yogurt Milk A serving size = 1 cup

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