

Dear Parents or Caregivers,

Today your child learned about the Dairy Group. They learned that milk, cheese, yogurt, and fortified soy beverages (“soymilk”) are included in the Dairy Group. They also learned that they need two and one-half cups of dairy foods and/or beverages every day. Ask your child how these foods help their body, and they should tell you that it makes their bones and teeth strong. You can use the Dairy Group Puzzle that your child completed during our lesson to review each of these topics.

Choosing low-fat and fat-free dairy products is a great way to make sure your child gets enough calcium. Snacks are a great way to include dairy in the diet throughout the day. Here are some snack ideas that incorporate foods from the Dairy Group:

- Fruit smoothie made with yogurt or milk
- Cheese and crackers
- Fruit and yogurt dip
- String cheese

To reinforce the key points from today’s lesson, encourage your child to eat or drink at least two and one-half cups of dairy each day, especially low-fat and fat-free dairy products. For more information regarding the Dairy Group and other MyPlate food groups, please visit www.choosemyplate.gov.

Sincerely,

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