

Food Groups

What counts as a cup in the Dairy Group?

In general, 1 cup of milk or yogurt, 1 ½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the Dairy Group. Additionally, 1 cup of soymilk counts as 1 cup in the Dairy Group.

The chart below lists specific amounts that count as 1 cup in the Dairy Group towards your daily recommended intake.

	Amount that counts as 1 cup in the Dairy Group	Common portions and cup equivalents
Milk <i>[choose fat-free or low-fat milk]</i>	1 cup milk or calcium-fortified soymilk (soy beverage) 1 half-pint container milk or soymilk ½ cup evaporated milk	
Yogurt <i>[choose fat-free or low-fat yogurt]</i>	1 regular container (8 fluid ounces) 1 cup yogurt	1 small container (6 ounces) = ¾ cup 1 snack size container (4 ounces) = ½ cup
Cheese <i>[choose reduced-fat or low-fat yogurt]</i>	1 ½ ounces hard cheese (cheddar, mozzarella, Swiss, Parmesan) 1/3 cup shredded cheese 2 ounces processed cheese (American) ½ cup ricotta cheese 2 cups cottage cheese	1 slice of hard cheese is equivalent to ½ cup milk 1 slice of processed cheese is equivalent to 1/3 cup milk ½ cup cottage cheese is equivalent to ¼ cup milk
Milk-based desserts <i>[choose fat-free or low-fat types]</i>	1 cup pudding made with milk 1 cup frozen yogurt 1 ½ cups ice cream	1 scoop ice cream is equivalent to 1/3 cup milk
Soymilk	1 cup calcium-fortified soymilk	

Key Consumer Message: *Switch to fat-free or low-fat (1%) milk.*

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Source: ChooseMyPlate

http://www.choosemyplate.gov/foodgroups/dairy_counts_table.html