

Dairy Guide for Food Banks



Dairy foods, such as **milk**, **yogurt** and **cheese**, are affordable sources of key nutrients – including high-quality **protein**, **calcium**, **potassium** and **vitamin D** – and are available in a variety of options to help meet taste, health and personal needs.¹

People with **lactose intolerance** or showing lactose intolerance symptoms can still enjoy the **great taste** and **nutritional benefits** of dairy foods (milk, cheese and yogurt) in their diet, by selecting **lactose-free dairy foods** or choosing foods with minimal amounts of lactose.²

Classification of Dairy Foods for the Charitable Food System

Using the ranking classification from the **Healthy Eating Research (HER) Nutrition Guidelines** for the Charitable Food System, **many dairy foods** can be chosen **often** or **sometimes**.³

Choose Often	Serving Size	Choose Sometimes	Serving Size	Choose Rarely	Serving Size
MILK		MILK		MILK	
1% Milk, Vitamin A&D added	1 cup	Whole Milk	1 cup		
2% Milk, Vitamin A&D added	1 cup	Lactose Free Whole Milk*	1 cup		
Lactose Free 1% Milk*	1 cup				
Lactose Free 2% Milk*	1 cup				
CHEESE		CHEESE		CHEESE	
Part-Skim Mozzarella Cheese**	1 slice	Pasteurized Process American Cheese	1 slice		
Reduced Fat Cheddar Cheese**	1 slice	Sharp Cheddar Cheese**	1 slice		
		Cheddar/Colby Lowfat Cheese**	1 slice		
		Monterey Jack**	1 slice		
		Low Sodium Processed Cheddar	1 slice		
YOGURT		YOGURT		YOGURT	
Nonfat Plain Yogurt	1 cup	Whole Plain Yogurt	1 cup	Lowfat Vanilla Yogurt (sweetened)	1 cup
Lowfat Plain Yogurt	1 cup			Lowfat Fruit Yogurt (sweetened)	1 cup
Greek Plain Lowfat Yogurt**	7 ounces, 200g				
Greek Plain Nonfat Yogurt**	1 container, 170g				

*Lactose free option ** Minimal lactose option

¹Science Summary Dairy in Healthy Dietary Patterns, National Dairy Council, 2022.

²Eat Confidently With Lactose-Free Dairy Products, National Dairy Council, 2022.

³Healthy Eating Research Nutrition Guidelines for the Charitable Food System, HER, March 2020.

⁴FoodData Central, U.S. Department of Agriculture, Agricultural Research Service, 2019. [Data downloaded on 10_20_22].

⁵Reviewed and approved by National Dairy Council's Regulatory Affairs and U.S. Department of Agriculture/Agricultural Marketing Service, November 2022.