

**Milk is part of the food group.**

**Key messages**

**How many servings of dairy are needed each day?**

**Examples of serving sizes:**

**Milk products provide the following nutrients:**

**Milk is fortified with this means that those vitamins are added to milk.**

**Pasteurized milk has been treated to remove organisms.**

**Homogenized milk has had fat particles and evenly distributed so the fat will not from the milk.**

**Choose dairy products that are low in fat, such as:**

**Three ways to reduce fat in recipes that use milk and milk products:**

**1.**

**2.**

**3.**

**Milk products easily and need to be cooked at a low temperature with .**

**Heating milk in the will .**

**Always check the date stamped on the carton to make sure it has not**  .

**Buy milk that has the date from today.**

**Refrigerated milk should stay fresh days after the date stamped on the carton**