

# What's a Serving of Dairy?

- **Milk:** one serving is 8 ounces (1 cup) and contains up to 300 milligrams of calcium.
- **Cheese** (natural e.g. Cheddar, Mozzarella): one serving is 1-1.5 ounces and contains up to 300 milligrams of calcium.
- **Yogurt:** one serving is 8 ounces (1 cup) and contains up to 400 milligrams of calcium.

