

# Inside the Pyramid

## How much food from the milk group is needed daily?

The amount of food from the Milk Group you need to eat depends on age. Recommended daily amounts are shown in the chart.

Daily recommendation		
<b>Children</b>	2-3 years old	2 cups*
	4-8 years old	2 cups*
<b>Girls</b>	9-13 years old	3 cups*
	14-18 years old	3 cups*
<b>Boys</b>	9-13 years old	3 cups*
	14-18 years old	3 cups*
<b>Women</b>	19-30 years old	3 cups*
	31-50 years old	3 cups*
	51+ years old	3 cups*
<b>Men</b>	19-30 years old	3 cups*
	31-50 years old	3 cups*
	51+ years old	3 cups*

[\\*Click here to see what counts as a cup in the milk group.](#)

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