

# Inside the Pyramid

## What counts as 1 cup in the milk group?

The chart lists specific amounts that count as 1 cup in the milk group towards your daily recommended intake:

	Amount that counts as 1 cup in the milk group	Common portions and cup equivalents
<b>Milk</b> <i>[choose fat-free or low-fat milk most often]</i>	1 cup 1 half-pint container ½ cup evaporated milk	
<b>Yogurt</b> <i>[choose fat-free or low-fat yogurt most often]</i>	1 regular container (8 fluid ounces)	1 small container (6 ounces) = ¾ cup
	1 cup	1 snack size container (4 ounces) = ½ cup
<b>Cheese</b> <i>[choose low-fat cheeses most often]</i>	1 ½ ounces hard cheese (cheddar, mozzarella, Swiss, parmesan)	1 slice of hard cheese is equivalent to ½ cup milk
	1/3 cup shredded cheese	
	2 ounces processed cheese (American)	1 slice of processed cheese is equivalent to 1/3 cup milk
	½ cup ricotta cheese	
	2 cups cottage cheese	½ cup cottage cheese is equivalent to ¼ cup milk
<b>Milk-based desserts</b> <i>[choose fat-free or low-fat types most often]</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

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