



Eating Well with Canada's Food Guide

What is a Food Guide Serving of...

Milk and Alternatives

Milk



Milk, skim, 1%, 2%
250 mL, 1 cup



Milk, chocolate
250 mL, 1 cup



Milk, evaporated, canned
125 mL, 1/2 cup – undiluted



Milk, goat, enriched
250 mL, 1 cup



Milk, lactose reduced
250 mL, 1 cup



Milk, powdered
25 g, 75 mL, 1/3 cup



Milk, powdered
250 mL, 1 cup – reconstituted



Milk, whole
250 mL, 1 cup

Alternatives

* Fortified soy beverages are an option for people who do not drink milk.



Buttermilk
250 mL, 1 cup



Cheese, block (example: cheddar, Mozzarella, Swiss, feta) 50 g, 1 1/2 oz



Cheese, cottage or quark
250 mL, 1 cup



Cheese, goat
50 g, 1 1/2 oz



Fortified soy beverage
250 mL, 1 cup



Kefir
175 g, 175 mL, 3/4 cup



Paneer
50 g, 1 1/2 oz



Pudding/custard (made with milk)
125 mL, 1/2 cup



Yogurt (plain and flavoured)
175 g, 175 mL, 3/4 cup



Yogurt drinks
200 mL