

## MILK, CHEESE, AND YOGURT GROUP

Food and Description	Approx. Measure	Food Energy (Calories)	Carbohydrate (grams)	Protein (grams)	Fat (grams)
Buttermilk	1 cup	100	12	8	2
Cheese, American	1 ounce	105	1	6	9
Cheese, Cheddar, shredded	1 ounce	115	0	7	9
Cheese, Feta, crumbled	1 ounce	75	1	4	6
Cheese, Mozzarella, skim, shredded	1 ounce	70	1	7	4
Cheese, Parmesan, grated	1 tablespoon	25	0	2	2
Cheese, Swiss	1 ounce	105	1	8	8
Cottage Cheese, creamed	1/2 cup	115	3	14	5
Frozen Yogurt, vanilla, soft serve	1/2 cup	115	17	3	4
Ice Cream, vanilla, 10% fat	1/2 cup	130	16	2	7
Milk, Skim	1 cup	85	12	8	0
Milk, lowfat, 1% fat	1 cup	100	12	8	3
Milk, 2% fat	1 cup	120	12	8	5
Milk, Whole, 3.3% fat	1 cup	150	12	8	8
Milkshake, chocolate, lowfat	10 ounces	320	66	12	2
Pudding, Vanilla	1/2 cup	170	29	4	4
Yogurt, Fruit, lowfat	1 cup	225	42	9	3
Yogurt, Plain, lowfat	1 cup	125	17	13	1

Sources: Composition of Foods, Agriculture Handbook 8 Nos. 1, 2, 4-17, 20. USDA 1976-1992. Bowes & Church's Food Values of Portions Commonly Used, Sixteenth Edition. J.B. Lippincott Company, 1994. Calorie figures over 5 are rounded to the nearest five. Other nutrient values are rounded to the nearest whole number. Values less than 0.5 are listed as zero.