

## **Who should drink milk?**

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Milk is good for everyone. If you're between 1 and 12 years old, you should have 3 servings of milk dairy products every day. An 8 ounce glass or a cup of yogurt is a serving. Teenagers need even more and should have 4 or more servings of dairy foods each day. Adults should have 2 or more servings of dairy per day. Have you had your milk today?