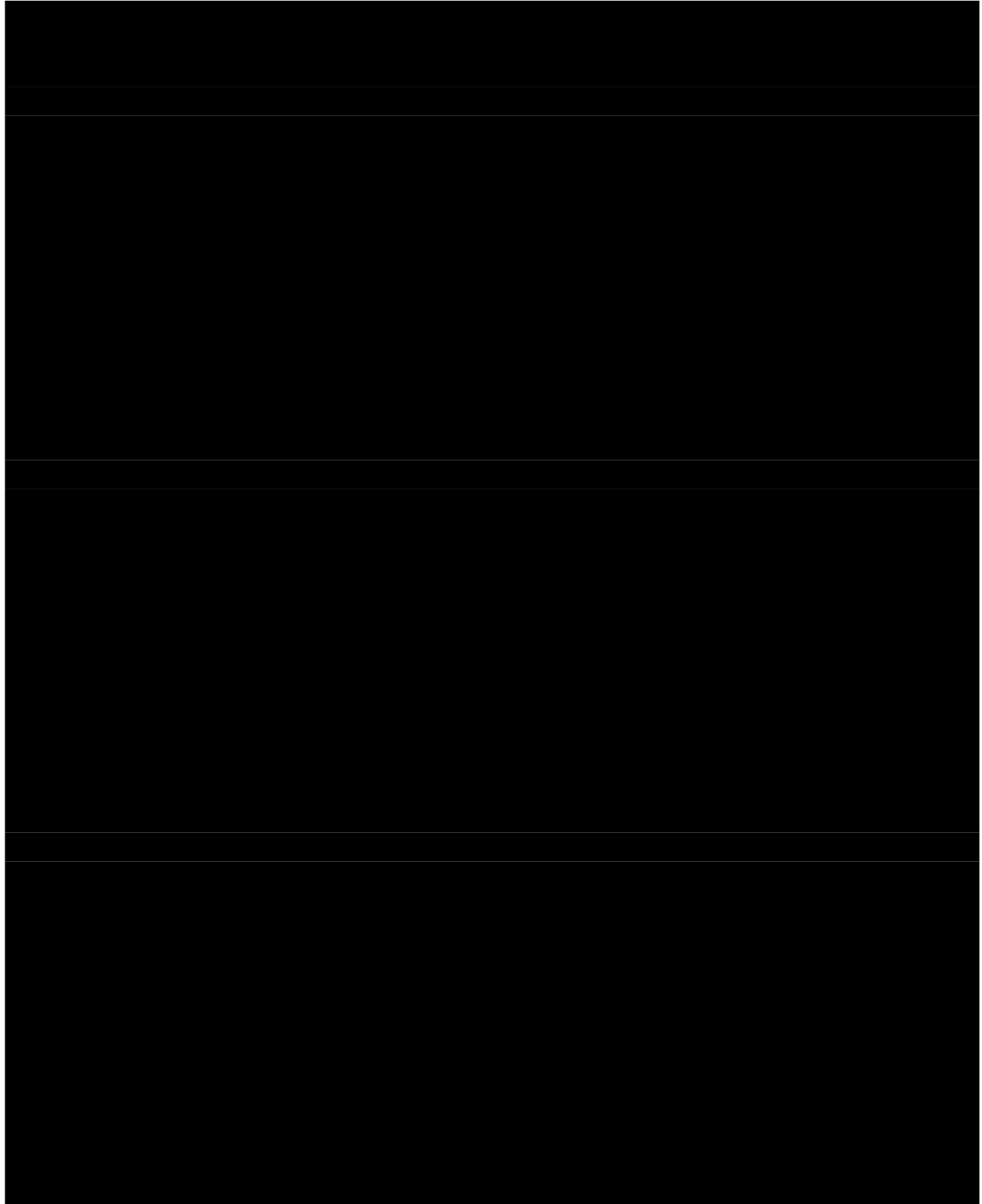


**Table 1 Daily frequency of beverages intake and daily sufficiency of of milk and dairy products intake among students**



<sup>a</sup>Beverages intake: mild < 8 ounces (~236 mL)/day; moderate 8–12 ounces (~236–355 mL)/day; heavy > 12 ounces (~355 mL)/day (14,15).

<sup>b</sup>Milk intake: sufficient  $\geq$  2 cups/day; insufficient < 2 cups/day (12,13).

<sup>c</sup>Dairy intake: sufficient  $\geq$  3 cups/day; insufficient < 3 cups/day (11).