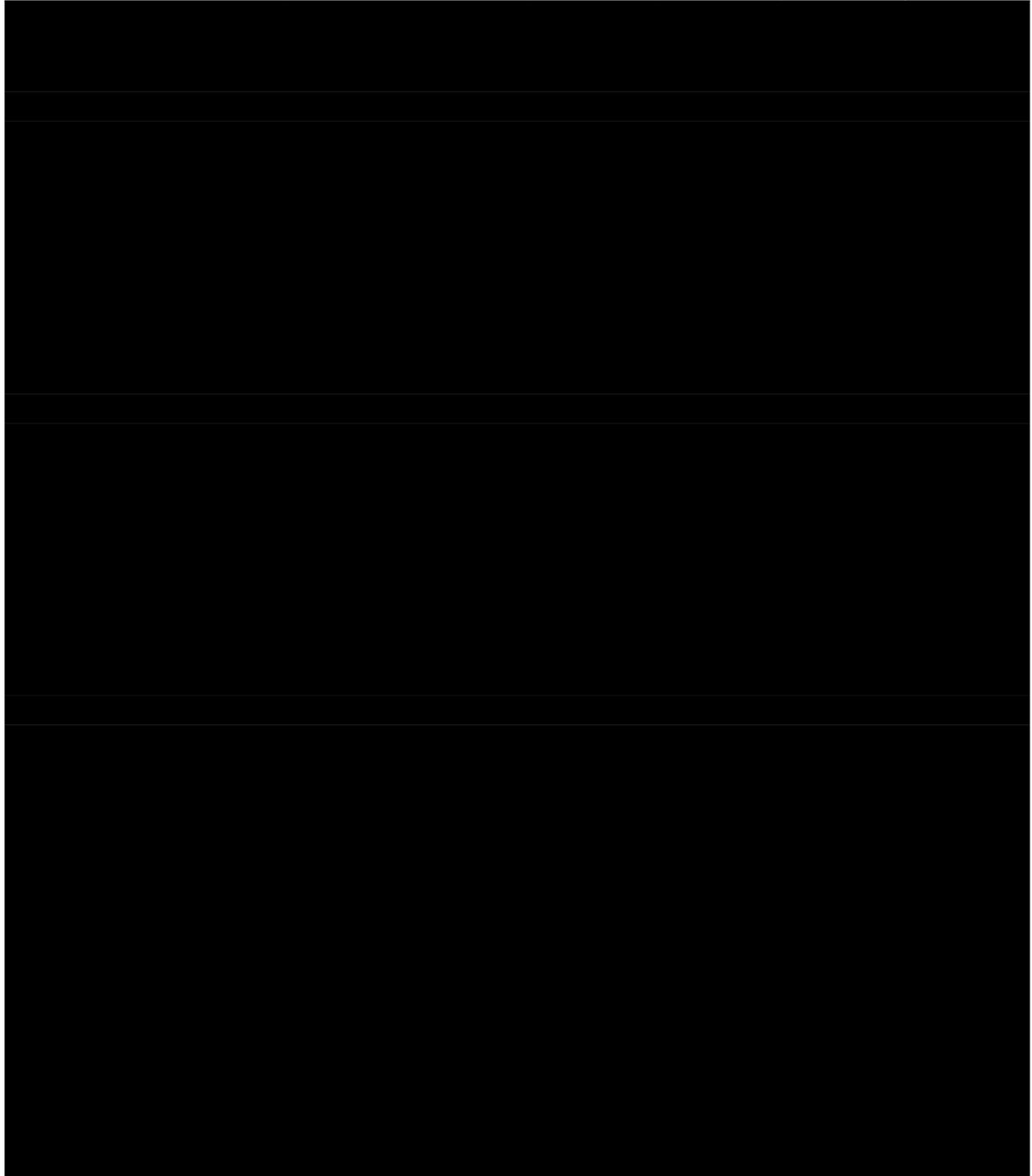


Table 2 Daily sufficiency of milk and dairy products intake and body mass index (BMI) category, in relation to practice among students



^aMilk intake: sufficient ≥ 2 cups/day; insufficient < 2 cups/day (12,13).

^bDairy intake: sufficient ≥ 3 cups/day; insufficient < 3 cups/day (11).

^cBMI categories: underweight < 18.5 kg/m²; normal 18.5–24.9 kg/m²; overweight 25–29.9 kg/m²; obese > 30 kg/m².

^dPractice: correct when milk was chosen over other, sweetened beverages.