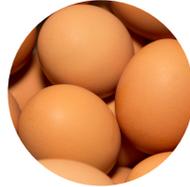


# MILK: A NUTRIENT POWERHOUSE

Protein as  
1 ½ medium eggs



Vitamin A as  
¾ cup of  
broccoli



Calcium as  
10 cups of  
raw spinach



Vitamin D as  
¾ ounce of  
cooked salmon



Riboflavin as  
⅓ cup of  
whole almonds



Pantothenic  
acid (B-5) as  
2½ cups of  
sweet corn



Niacin as  
20 cherry  
tomatoes



Vitamin B-12 as  
4 ounces of  
cooked turkey



Phosphorus as  
1 cup of canned  
kidney beans



Potassium as  
one small  
banana



Iodine as  
3 ounces of  
cooked oysters



Selenium as 1 cup  
of cooked lentils



Zinc as 2.5 regular slices  
of whole grain bread



**13** Essential Nutrients.  
Nutrition to Fuel Your Day.



New England  
**Dairy**

NewEnglandDairy.com

# NUTRIENTS SO IMPORTANT THEY ARE CALLED **ESSENTIAL**.

Milk has thirteen of them and here's what they do:



- 1 Calcium - 25% DV**  
Helps build and maintain strong bones and teeth. It helps reduce the risk of stress fractures and osteoporosis later in life. Plays a role in promoting normal blood pressure.
- 2 Vitamin D - 15% DV**  
Helps absorb calcium for healthy bones.
- 3 Phosphorus - 20% DV**  
Works with calcium and vitamin D to help keep bones strong.
- 4 Riboflavin - 30% DV**  
Helps convert food into energy. Plays a vital role in the development of the central nervous system.
- 5 Protein - 16% DV**  
Helps build and maintain lean muscle. Contains all the essential amino acids (the building blocks for protein).
- 6 Vitamin B-12 - 50% DV**  
Helps build red blood cells and helps maintain the central nervous system.
- 7 Niacin - 15% DV\***  
Helps the body's enzymes function normally by converting nutrients into energy.
- 8 Vitamin A - 15% DV**  
Important for good vision, healthy skin, and a healthy immune system.
- 9 Pantothenic Acid - 20% DV**  
Helps convert fuel into energy. Also helps the body use fats and protein.
- 10 Zinc - 10% DV**  
Helps maintain a healthy immune system, helps support normal growth and development and helps maintain healthy skin.
- 11 Selenium - 10% DV**  
Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.
- 12 Iodine - 60% DV**  
Necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.
- 13 Potassium<sup>†</sup> - 10% DRI**  
Helps maintain a healthy blood pressure and supports heart health. Helps regulate body fluid balance and helps maintain normal muscle function.



[NewEnglandDairy.com](http://NewEnglandDairy.com)

USDA National Nutrient Database for Standard Reference, Release 28  
% Daily Values are based on a 2,000 calorie diet.

<sup>†</sup>Source: USDA Food Data Central. FDA's Daily Value (DV) for potassium of 4700 mg is based on a 2005 DRI recommendation. In 2019, NASEM updated the DRI to 3400 mg. Based on the 2019 DRI, a serving of milk provides 10% of the DRI. FDA rule-making is needed to update this value for the purpose of food labeling.