One serving of milk contains many of the essential nutrients your body needs, including:

**CALCIUM**
Helps build and maintain strong bones and teeth. **25% DAILY VALUE**

**PROTEIN**
Helps build and repair tissue. Helps maintain a healthy immune system. **16% DAILY VALUE**

**VITAMIN D**
Helps build and maintain strong bones and teeth. **15% DAILY VALUE**

**PHOSPHORUS**
Helps build and maintain strong bones and teeth, supports tissue growth. **20% DAILY VALUE**

**VITAMIN A**
Helps keep skin and eyes healthy, helps promote growth. Helps maintain a healthy immune system. **15% DAILY VALUE**

**RIBOFLAVIN**
Helps your body use carbohydrates, fats and protein for fuel. **30% DAILY VALUE**

**VITAMIN B12**
Helps with normal blood function, helps keep the nervous system healthy. **50% DAILY VALUE**

**PANTOTHENIC ACID**
Helps your body use carbohydrates, fats and protein for fuel. **20% DAILY VALUE**

**NIACIN**
Used in energy metabolism in the body. **15% DAILY VALUE**

**ZINC**
Helps maintain a healthy immune system, helps support normal growth and development and helps maintain healthy skin. **10% DAILY VALUE**

**SELENIUM**
Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage. **10% DAILY VALUE**

**IODINE**
Necessary for proper bone and brain development during pregnancy and infancy, linked to cognitive function in childhood. **60% DAILY VALUE**

**VITAMIN D**
Helps build and maintain strong bones and teeth. Helps maintain a healthy immune system. **15% DAILY VALUE**

**POTASSIUM**
Helps maintain a healthy blood pressure and supports heart health. Helps regulate body fluid balance and helps maintain normal muscle function. **10% DAILY VALUE**

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: USDA FoodData Central online at https://fdc.nal.usda.gov/. Mean values calculated from database entries across all fat levels of plain vitamin D-fortified fluid milk in Legacy, Foundation, and Survey (FNDDS) data sources.

© 2021 National Dairy Council®

*Source: USDA FoodData 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.*