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## UNDENIABLY FUN FACTS ABOUT DAIRY

1. About **73% of calcium** available in the food supply is provided by milk and dairy products.
2. Milk is packed with **essential nutrients** including protein, calcium and vitamin D.
3. Chocolate milk's combination of **fluids, carbs, and protein** helps rehydrate and refuel muscles after a workout.
4. It takes...
  - » **12 pounds** of whole milk to make **1 gallon** of ice cream.
  - » **21.2 pounds** of milk to make **1 pound** of butter.
  - » **10 pounds** of milk to make **1 pound** of cheese.
5. **Cheddar** is the most popular natural cheese in the U.S.
6. **Vanilla** is America's favorite flavor of ice cream.
7. To get the same amount of calcium provided by one **8-ounce glass** of milk, you would have to eat 4.5 servings of broccoli, 16 servings of spinach or 5.8 servings of whole wheat bread.
8. The first cow arrived in America in Jamestown in **1611**. Until the 1850's nearly every family had its own cow.
9. **June** is National Dairy Month.
10. **All 50 states** have dairy farms.
11. **95%** of U.S. dairy farms are **family-owned** and operated.
12. Milk arrives at your local grocery store within **48 hours** of leaving the farm.
13. There are **7 breeds** of dairy cows: Holstein, Red and White Holstein, Jersey, Guernsey, Brown Swiss, Ayrshire, and Milking Shorthorn.
14. A Holstein's **spots are like fingerprints**—no two cows have exactly the same pattern of black and white spots.
15. The average cow produces **8 gallons** of milk per day, that's over 100 glasses of milk!
16. Cows are milked **2-3 times** a day.





17. It only takes about **5-7 minutes** for a cow to be milked.
18. Cows drink **30-50 gallons** (about a bathtub full) of water each day!
19. An average dairy cow weighs **1,200 pounds**.
20. A cow has **one** stomach with **four** compartments.
21. Cows eat about **100 pounds** of feed a day, which is like eating 600 peanut butter and jelly sandwiches!
22. The average cow chews about **50 times** a minute.
23. Cows have **32 teeth** total, but they do not have top front teeth. Instead, they have a tough pad.
24. Dairy cows can produce **125 pounds** of saliva a day.
25. Cows are **red-green color blind**, which means they cannot see red.
26. Cows have almost total **360°** panoramic vision.
27. A cow's normal body temperature is **101.5°F**.
28. Cows prefer temperatures between **40-65°F**.
29. Cows **cannot sweat**—they lose heat through their breath.
30. Cows are pregnant for **9 months**, just like people.
31. The average cow is **2-years-old** when she has her first calf.
32. Cows have an acute sense of smell—they can smell up to **6 miles** away!
33. You can lead a cow **upstairs**, but not **downstairs**—their knees can't bend properly to walk downstairs.
34. Did you eat something spicy? **Milk is better for cooling your mouth** than water because of the protein casein—it cleanses your taste buds.
35. Cows spend **30 minutes** drinking, **3-5 hours eating** and **12-14 hours** resting each day.



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Courtesy of American Dairy Association Mideast, 2018



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