

MILK:

A NUTRIENT POWERHOUSE



Protein as 1 1/2 medium eggs

Vitamin A as 3/4 cup of broccoli

Calcium as 10 cups of raw spinach

Vitamin D as 3/4 ounce of cooked salmon

Riboflavin as 1/3 cup of whole almonds

Pantothenic acid as 2 1/2 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

An 8-ounce serving of milk, flavored or not, provides as much...

9 Essential Nutrients. Nutrition to Fuel Your Day.

USDA National Nutrient Database for Standard Reference, Release 27



NewEnglandDairy.com

NUTRIENTS SO IMPORTANT THEY ARE CALLED ESSENTIAL.

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



% Daily Values are based on a 2,000 calorie diet.
*As niacin equivalents

- 1 Calcium** 300mg, 30% 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** 100 IU, 25% DV
Helps absorb calcium for healthy bones.
- 3 Phosphorus** 245 mg, 20% DV
Works with calcium and vitamin D to help keep bones strong.
- 4 Riboflavin** 0.46 mg, 20% DV
Helps convert food into energy. Plays a vital role in the development of the central nervous system.
- 5 Protein** 8 g, 16% DV
Helps build and maintain lean muscle. Contains all the essential amino acids (the building blocks for protein).
- 6 Vitamin B-12** 1.2 mcg, 13% DV
Helps build red blood cells and helps maintain the central nervous system.
- 7 Niacin** mg, 10% DV*
Helps the body's enzymes function normally by converting nutrients into energy.
- 8 Vitamin A** 490 IU, 10% DV
Important for good vision, healthy skin, and a healthy immune system.
- 9 Pantothenic Acid** 0.764 mg, 15% DV
(Vitamin B-5)
Helps convert fuel into energy. Also helps the body use fats and protein.



NewEnglandDairy.com