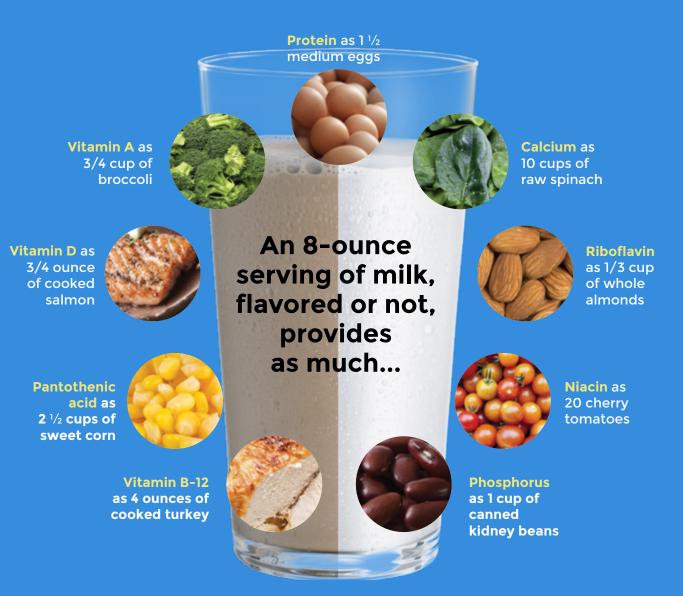
# MILK: A NUTRIENT POWERHOUSE



### 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:

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

#### 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 rolein promoting normal blood pressure.

## Vitamin D 100 IU, 25% DV

Helps absorb calcium for healthy bones.

Phosphorus 245 mg, 20% DV

Works with calcium and vitamin D to help keep bones strong.

#### Riboflavin 0.46 mg, 20% DV

Helps convert food into energy. Plays a vital role in the development of the central nervous system.

#### **Protein** 8 g, 16% DV

Helps build and maintain lean muscle. Contains all the essential amino acids (the building blocks for protein).

#### Vitamin B-12 1.2 mcg, 13% DV

Helps build red blood cells and helps maintain the central nervous system.

#### Niacin mg, 10% DV\*

Helps the body's enzymes function normally by converting nutrients into energy.

#### Vitamin A 490 IU, 10% DV

Important for good vision, healthy skin, and a healthy immune system.

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## Pantothenic Acid 0.764 mg, 15% DV (Vitamin B-5)

Helps convert fuel into energy. Also helps the body use fats and protein.



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