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

- **Protein** as 1 ½ medium eggs
- **Calcium** as 10 cups of raw spinach
- **Vitamin A** as 3/4 cup of broccoli
- **Riboflavin** as 1/3 cup of whole almonds
- **Pantothenic acid** as 2 1/2 cups of sweet corn
- **Niacin** as 20 cherry tomatoes
- **Phosphorus** as 1 cup of canned kidney beans
- **Vitamin B-12** as 4 ounces of cooked turkey
- **Vitamin D** as 3/4 ounce of cooked salmon


USDA National Nutrient Database for Standard Reference, Release 27
NUTRIENTS SO IMPORTANT THEY ARE CALLED ESSENTIAL.

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

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.

*As niacin equivalents

% Daily Values are based on a 2,000 calorie diet.