

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

Adapted from **milk life**