MILK: A NUTRIENT POWERHOUSE

An 8-ounce serving of milk provides as much...

- **Protein** as 1 ½ medium eggs
- **Vitamin A** as ¾ cup of broccoli
- **Calcium** as 10 cups of raw spinach
- **Vitamin D** as ¼ ounce of cooked salmon
- **Riboflavin** as ½ cup of whole almonds
- **Pantothenic acid (B-5)** as 2½ cups of sweet corn
- **Vitamin B-12** as 4 ounces of cooked turkey
- **Phosphorus** as 1 cup of canned kidney beans
- **Potassium** as one small banana
- **Selenium** as 1 cup of cooked lentils
- **Niacin** as 20 cherry tomatoes
- **Phosphorus** as 1 cup of canned kidney beans
- **Iodine** as 3 ounces of cooked oysters
- **Zinc** as 2.5 regular slices of whole grain bread


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NUTRIENTS SO IMPORTANT THEY ARE CALLED ESSENTIAL. Milk has thirteen of them and here’s what they do:

1. Calcium - 25% 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 - 15% DV
   Helps absorb calcium for healthy bones.

3. Phosphorus - 20% DV
   Works with calcium and vitamin D to help keep bones strong.

4. Riboflavin - 30% DV
   Helps convert food into energy. Plays a vital role in the development of the central nervous system.

5. Protein - 16% DV
   Helps build and maintain lean muscle. Contains all the essential amino acids (the building blocks for protein).

6. Vitamin B-12 - 50% DV
   Helps build red blood cells and helps maintain the central nervous system.

7. Niacin - 15% DV*
   Helps the body’s enzymes function normally by converting nutrients into energy.

8. Vitamin A - 15% DV
   Important for good vision, healthy skin, and a healthy immune system.

9. Pantothenic Acid - 20% DV
   Helps convert fuel into energy. Also helps the body use fats and protein.

10. Zinc - 10% DV
    Helps maintain a healthy immune system, helps support normal growth and development and helps maintain healthy skin.

11. Selenium - 10% DV
    Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.

12. Iodine - 60% DV
    Necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.

13. Potassium† - 10% DRI
    Helps maintain a healthy blood pressure and supports heart health. Helps regulate body fluid balance and helps maintain normal muscle function.

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*As niacin equivalents
†Source: USDA Food Data Central. FDA’s Daily Value (DV) for potassium of 4700 mg is based on a 2005 DRI recommendation. In 2019, NASEM updated the DRI to 3400 mg. Based on the 2019 DRI, a serving of milk provides 10% of the DRI. FDA rule-making is needed to update this value for the purpose of food labeling.