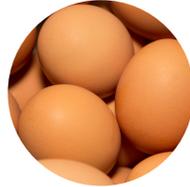


MILK: A NUTRIENT POWERHOUSE

Protein as
1 ½ medium eggs



Vitamin A as
¾ cup of
broccoli



Calcium as
10 cups of
raw spinach



Vitamin D as
¾ ounce of
cooked salmon



Riboflavin as
⅓ cup of
whole almonds



Pantothenic
acid (B-5) as
2½ 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



Potassium as
one small
banana



Iodine as
3 ounces of
cooked oysters



Selenium as 1 cup
of cooked lentils



Zinc as 2.5 regular slices
of whole grain bread



13 Essential Nutrients.
Nutrition to Fuel Your Day.



New England
Dairy

NewEnglandDairy.com

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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USDA National Nutrient Database for Standard Reference, Release 28
% Daily Values are based on a 2,000 calorie diet.

[†]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.