



9 WAYS

MILK

CAN HELP YOUR BODY

One serving of milk contains many of the essential nutrients your body needs, including:

CALCIUM



Helps build and maintain strong bones and teeth.

25%
DAILY VALUE

PROTEIN



Helps build and repair muscle tissue.

16%
DAILY VALUE

VITAMIN D



Helps build and maintain strong bones and teeth.

15%
DAILY VALUE

PHOSPHORUS



Helps build and maintain strong bones and teeth, supports tissue growth.

20%
DAILY VALUE

VITAMIN A



Helps keep skin and eyes healthy, helps promote growth.

15%
DAILY VALUE

RIBOFLAVIN



Helps your body use carbohydrates, fats and protein for fuel.

35%
DAILY VALUE

VITAMIN B12



Helps with normal blood function, helps keep the nervous system healthy.

50%
DAILY VALUE

PANTOTHENIC ACID



Helps your body use carbohydrates, fats and protein for fuel.

20%
DAILY VALUE

NIACIN



Used in energy metabolism in the body.

10%
DAILY VALUE

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

www.nationaldairyCouncil.org/

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Source: U.S. Department of Agriculture, Agricultural Research Service. 2016. USDA National Nutrient Database for Standard Reference, Release 28. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/nutrientdata>; Low-fat milk with added vitamin A and D (#01082)