

MILK IS A MUST

Milk's nine essential nutrients can help kids and teens grow healthy and strong.

* **Potassium**
as one
small banana



* **Protein**
as 1 1/2
medium eggs

* **Vitamin A**
as 3/4 cup
of broccoli



* **Riboflavin**
as 1/3 cup of
whole almonds

* **Vitamin D**
as 3/4 ounce of
cooked salmon



* **Niacin**
as 10 cherry
tomatoes

* **Vitamin B-12**
as 3 ounces
of turkey



* **Calcium**
as 10 cups of
raw spinach

* **Phosphorus**
as 1 cup of canned kidney beans



1 Calcium 300 mg, 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 Potassium 370 mg, 11% DV

Helps regulate the balance of fluids in the body and plays a role in maintaining a normal blood pressure.

8 Vitamin A 490 IU, 10% DV

Important for good vision, healthy skin, and a healthy immune system.

9 Niacin 2 mg, 10% DV**

Helps the body's enzymes function normally by converting nutrients into energy.



www.NewEnglandDairyCouncil.org

got milk?



USDA National Nutrient Database for Standard Reference, Release 24. Percent Daily Values reflect current nutrition recommendations for a 2,000 calorie per day diet.

**As niacin equivalents.

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