MILK: A NUTRIENT POWERHOUSE

Nutrition kids and teens love.

An 8-ounce serving of milk, flavored or not, gives kids as much...

- **Protein** as 1 1/2 medium eggs
- **Vitamin A** as 3/4 cup of broccoli
- **Calcium** as 10 cups of raw spinach
- **Phosphorus** as 1 cup of canned kidney beans
- **Riboflavin** as 1/2 cup of whole almonds
- **Niacin** as 20 cherry tomatoes
- **Vitamin D** as 3/4 ounce of cooked salmon
- **Vitamin B-12** as 4 ounces of cooked turkey
- **Pantothenic acid** as 2 1/2 cups of sweet corn
- **Vitamin B-12** as 1 ounce of cooked salmon

USDA National Nutrient Database for Standard Reference, Release 27

THE 9 ESSENTIAL NUTRIENTS

Learn more at www.MilkMeansMore.org | MILK MEANS MORE | Adapted from milk life®
Milk has nine of them and here’s what they do:

**Calcium** 300mg, 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.

**Vitamin D** 100 IU, 25% DV
Helps absorb calcium for healthy bones.

**Phosphorus** 245 mg, 20% DV
Works with calcium and vitamin D to help keep bones strong.

**Riboflavin** 0.46 mg, 20% DV
Helps convert food into energy. Plays a vital role in the development of the central nervous system.

**Protein** 8 g, 16% DV
Helps build and maintain lean muscle. Contains all the essential amino acids (the building blocks for protein).

**Vitamin B-12** 1.2 mcg, 13% DV
Helps build red blood cells and helps maintain the central nervous system.

**Niacin** mg, 10% DV*
Helps the body’s enzymes function normally by converting nutrients into energy.

**Vitamin A** 490 IU, 10% DV
Important for good vision, healthy skin, and a healthy immune system.

**Pantothenic Acid** 0.764 mg, 15% DV
(As niacin equivalents)
Helps convert fuel into energy. Also helps the body use fats and protein.