

MILK: A NUTRIENT POWERHOUSE

Nutrition kids and teens love.

AN 8-OUNCE SERVING OF MILK, FLAVORED OR NOT, GIVES KIDS AS MUCH...

- Vitamin A** as $\frac{3}{4}$ cup of broccoli
- Protein** as $1\frac{1}{2}$ medium eggs
- Calcium** as 10 cups of raw spinach
- Riboflavin** as $\frac{1}{3}$ cup of whole almonds
- 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
- Selenium** as 1 cup of cooked lentils
- Potassium** as one small banana
- Vitamin B-12** as 4 ounces of cooked turkey
- Vitamin B-5** as $2\frac{1}{2}$ cups of sweet corn
- Vitamin D** as $\frac{3}{4}$ ounce of cooked salmon

THE 13 ESSENTIAL NUTRIENTS*

*Based on the 2019 DRI for potassium developed by NASEM.

Learn more at
www.MilkMeansMore.org

MILK
MEANS MORE

Adapted from
milk life

NUTRIENTS SO IMPORTANT, THEY ARE CALLED **ESSENTIAL.**

Milk has thirteen of them and here's what they do:



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.

Vitamin D 15% DV

Helps absorb calcium for healthy bones.

Phosphorus 20% DV

Works with calcium and vitamin D to help keep bones strong.

Riboflavin 30% DV

Helps convert food into energy. Plays a vital role in the development of the central nervous system.

Protein 16% DV

Helps build and maintain lean muscle. Contains all the essential amino acids [the building blocks for protein].

Vitamin B-12 50% DV

Helps build red blood cells and helps maintain the central nervous system.

Niacin 15% DV*

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

- 1 Calcium
- 2 Vitamin D
- 3 Phosphorus
- 4 Riboflavin
- 5 Protein
- 6 Vitamin B-12
- 7 Vitamin A
- 8 Niacin
- 9 Pantothenic Acid
- 10 Zinc
- 11 Selenium
- 12 Iodine
- 13 Potassium

Vitamin A 15% DV

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

Pantothenic Acid

(Vitamin B-5) 20% DV

Helps convert fuel into energy. Also helps the body use fats and protein.

Zinc 10% DV

Helps maintain a healthy immune system, helps support normal growth and development and helps maintain healthy skin.

Selenium 10% DV

Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.

Iodine 60% DV

Necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.

Potassium[†] 10% DV

Helps maintain a healthy blood pressure and supports heart health. Helps regulate body fluid balance and helps normal muscle function.

USDA National Nutrient Database for Standard Reference, Release 2 Adapted from 7
Nutrient totals sourced from USDA Food Data Central, based on Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D

% Daily Values are based on a 2,000 calorie diet.

*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 3400mg. 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.

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