

13 WAYS

# MILK

CAN HELP YOUR BODY

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



## CALCIUM

25% DAILY VALUE

Helps build and maintain strong bones and teeth.



## PROTEIN

16% DAILY VALUE

Helps build and repair tissue. Helps maintain a healthy immune system.



## VITAMIN D

15% DAILY VALUE

Helps build and maintain strong bones and teeth. Helps maintain a healthy immune system.



## PHOSPHORUS

20% DAILY VALUE

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



## VITAMIN A

15% DAILY VALUE

Helps keep skin and eyes healthy; helps promote growth. Helps maintain a healthy immune system.



## RIBOFLAVIN

30% DAILY VALUE

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



## VITAMIN B12

50% DAILY VALUE

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



## PANTOTHENIC ACID

20% DAILY VALUE

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



## NIACIN

15% DAILY VALUE

Used in energy metabolism in the body.



## ZINC

10% DAILY VALUE

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



## SELENIUM

10% DAILY VALUE

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



## IODINE

60% DAILY VALUE

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



## POTASSIUM\*

10% DRI

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

\*Source: USDA FoodData 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.

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.



Source: USDA FoodData Central online at <https://fdc.nal.usda.gov/>. Mean values calculated from database entries across all fat levels of plain vitamin D-fortified fluid milk in Legacy, Foundation, and Survey (FNDDS) data sources.