

MILK: A NUTRIENT POWERHOUSE

Nutrition kids and teens love.



USDA National Nutrient Database for Standard Reference, Release 27

THE 9 ESSENTIAL NUTRIENTS

Learn more at
www.MilkMeansMore.org

MILK
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Adapted from
milk life

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

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
(Vitamin B-5)

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

% Daily Values are based on a 2,000 calorie diet.
*As niacin equivalents

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