

# **13 WAYS MILK** Can help your body

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



**Calcium** Helps build and maintain strong bones and teeth.



#### Protein Helps pro

Helps provide sustained energy. Helps build and maintain lean muscle. Helps maintain a healthy immune system.



### Vitamin D

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



# Phosphorus

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



#### Vitamin A

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



## Riboflavin

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



#### Vitamin B12

Helps maintain healthy immune, blood and nervous system function. Supports normal energy metabolism. Necessary for brain development during pregnancy and infancy; linked to cognitive function in childhood.



#### Pantothenic acid

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



#### Niacin

Used in energy metabolism in the body.



#### Zinc

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



#### Selenium

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



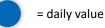
#### lodine

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

#### Potassium\*

Helps maintain a healthy blood pressure and supports heart health. Helps regulate body fluid balance and 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.



10% or higher is a good source **20%** or higher is an excellent source

#### REFERENCES

- USDA FoodData Central online at <a href="http://fdc.nal.usda.gov/">http://fdc.nal.usda.gov/</a>. 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 (n=12).
- 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.

@NtlDairyCouncil

