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 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.

- **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.

- **Iodine**
  - 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.

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REFERENCES

- 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.
- 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.