



# 13 WAYS MILK Can help your body

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

25%



## Calcium

Helps build and maintain strong bones and teeth.

16%



## Protein

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

15%



## Vitamin D

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

20%



## Phosphorus

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

15%



## Vitamin A

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

30%



## Riboflavin

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

50%



## 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.

20%



## Pantothenic acid

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

15%



## Niacin

Used in energy metabolism in the body.

10%



## Zinc

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

10%



## Selenium

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

60%



## Iodine

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

10%  
DRI



## 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.

= daily value

10% or higher  
is a good source

20% or higher is  
an excellent source

## REFERENCES

- USDA FoodData Central online at <http://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 (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.