





13 WAYS MILK CAN HELP YOUR BODY

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

CALCIUM	 <p>Helps build and maintain strong bones and teeth.</p>	25% DAILY VALUE
PROTEIN	 <p>Helps build and repair tissue. Helps maintain a healthy immune system.</p>	16% DAILY VALUE
VITAMIN D	 <p>Helps build and maintain strong bones and teeth. Helps maintain a healthy immune system.</p>	15% DAILY VALUE
PHOSPHORUS	 <p>Helps build and maintain strong bones and teeth, supports tissue growth.</p>	20% DAILY VALUE
VITAMIN A	 <p>Helps keep skin and eyes healthy; helps promote growth. Helps maintain a healthy immune system.</p>	15% DAILY VALUE
RIBOFLAVIN	 <p>Helps your body use carbohydrates, fats and protein for fuel.</p>	30% DAILY VALUE
VITAMIN B12	 <p>Helps with normal blood function, helps keep the nervous system healthy.</p>	50% DAILY VALUE
PANTOTHENIC ACID	 <p>Helps your body use carbohydrates, fats and protein for fuel.</p>	20% DAILY VALUE
NIACIN	 <p>Used in energy metabolism in the body.</p>	15% DAILY VALUE
ZINC	 <p>Helps maintain a healthy immune system, helps support normal growth and development and helps maintain healthy skin.</p>	10% DAILY VALUE
SELENIUM	 <p>Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.</p>	10% DAILY VALUE
IODINE	 <p>Necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.</p>	60% DAILY VALUE
POTASSIUM*	 <p>Helps maintain a healthy blood pressure and supports heart health. Helps regulate body fluid balance and helps maintain normal muscle function.</p>	10% DRI

*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.

