

# Three Servings of Milk Delivers A Unique Nutrient Package

The Dietary Guidelines for Americans recommends three servings of dairy products each day.\*



Milk's essential nutrients can be difficult to replace in a healthy dietary pattern. Three 8-ounce cups provides as much of each nutrient as:

## PROTEIN

50% DV



4 hardboiled eggs

## CALCIUM

90% DV



36 1/2 cups of raw kale (about 7 bunches)

## PHOSPHORUS

70% DV



2 1/2 cups kidney beans

## POTASSIUM

29% DV



3 small bananas

## VITAMIN D

90% DV



6.6 oz. of sardines (about 15 sardines)

## RIBOFLAVIN

80% DV



1 cup of almonds

## VITAMIN B12

60% DV



1 lb. pork chops, broiled (about 3, 6-oz. chops)

## VITAMIN A

30% DV



2 cups of cooked green beans

\*The 2015 Dietary Guidelines for Americans recommends three servings of low-fat or fat-free dairy products for Americans 9 years and older.

Source: US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28. Version Current: September 2015. Internet: <http://www.ars.usda.gov/nea/bhnrc/ndl>