

Three Servings of Milk Deliver 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 provide as much of each nutrient as:

PROTEIN
50% DV



CALCIUM
70% DV



approx. 17 cups of raw kale

PHOSPHORUS
60% DV



approx. 3 cups of cooked red kidney beans

VITAMIN B₁₂
140% DV



approx. 1 lb of pork chops

RIBOFLAVIN (B₂)
100% DV



0.8 cups of whole almonds

PANTOTHENIC ACID (B₅)
50% DV



approx. 5 cups of chopped broccoli

VITAMIN A
45% DV



approx. 3 cups of sliced red peppers

VITAMIN D
45% DV



6.5 oz of sardines (approx. 15 sardines)

NIACIN (B₃)
35% DV



approx. six large white mushrooms

*The 2015-2020 Dietary Guidelines for Americans recommends three servings of low-fat or fat-free dairy foods (milk, cheese, yogurt) for Americans 9 years and older.

Source: U.S. Department of Agriculture Research Service, Nutrient Data Laboratory, USDA National Nutrient Database for Standard Reference Legacy Release, April 2018. Calculations based on low-fat milk (USDA database #01082). Some milk may be a good source of selenium and/ or zinc. Other foods used: large egg (50 g), whole, cooked, hardboiled (#01129); kale, raw (#11233); beans, kidney, California red, mature seeds, cooked, boiled without salt (#16031); pork, fresh, loin, sirloin (chops), bone-in, separable, lean only, cooked, broiled (#15088); nuts, almonds, whole (#12061); peppers, sweet, red, raw, sliced (#11821); broccoli, raw, chopped (#11090); fish, sardine, Atlantic, canned in oil, drained solids with bone (#15088); mushrooms, large, white, raw (#11260); loin, sirloin (chops), bone-in, separable, lean only, cooked, broiled (#10058); nuts, almonds, whole (#12061); peppers, sweet, red, sliced (#11821); broccoli, raw, chopped (#11090); fish, sardine, Atlantic, canned in oil, drained solids with bone (#15088); mushrooms, large, white, raw (#11260).