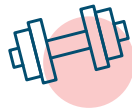


# 13 Reasons Milk Is Essential

Milk is a great source of essential nutrients, including vitamin A, vitamin D, zinc, selenium and protein – vital for a healthy immune system.<sup>1</sup>



## Protein

Helps build and repair tissue; supports immunity.

**16%**  
Daily Value



## Calcium

Helps build and maintain strong bones and teeth.

**25%**  
Daily Value



## Potassium

Supports healthy heart, blood pressure, body fluid balance and muscle function.

**10%**  
Daily Value



## Vitamin D

Supports strong bones, teeth and immune system.

**15%**  
Daily Value



## Zinc

Supports healthy immune system, development and skin.

**10%**  
Daily Value



## Vitamin A

Supports healthy skin, eyes and immune system; promotes growth.

**15%**  
Daily Value



## Riboflavin

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

**30%**  
Daily Value



## Niacin

Used in energy metabolism in the body.

**15%**  
Daily Value



## Pantothenic Acid

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

**20%**  
Daily Value



## Vitamin B12

Supports normal blood function and nervous system.

**50%**  
Daily Value



## Iodine

Crucial for bone and brain development in pregnancy and infancy.

**60%**  
Daily Value



## Phosphorus

Supports strong bones and teeth; helps tissue growth.

**20%**  
Daily Value



## Selenium

Supports healthy immune system and metabolism; helps protect healthy cells from damage.

**10%**  
Daily Value

Find delicious recipes and more science at **AmericanDairy.com**

**Daily Value** indicates the percentage that a nutrient in a serving of food contributes to a general diet of 2,000 calories per day.

<sup>1</sup> 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. 2. USDA FoodData Central. FDA's Daily Value (DV) for potassium of 4700 milligrams is based on a 2005 Dietary Reference Intake (DRI) recommendation. In 2019, the National Academies of Sciences, Engineering, and Medicine updated the DRI to 3400 milligrams. Based on the 2019 DRI, a serving of milk provides 10% of the DRI. FDA rule-making is needed to update this value for food labeling.



**AMERICAN DAIRY  
ASSOCIATION** NORTH  
EAST

adapted from Dairy MAX