

# Feed the people. Protect the planet.

From farm to table, dairy is a pivotal solution for sustainable nutrition.



**A true superfood.** Milk is a good source of thirteen essential nutrients – including three Americans are lacking - calcium, vitamin D, and potassium.



**Amazingly affordable.** Milk costs less than 25 cents per 8-ounce glass.



**Efficient for humans and cows.** Cows make this superfood by eating foods we can't – like grass, hay, almond shells and cottonseed hulls. About 80% of a cow's diet consists of foods that are not consumable by humans.



**Local. Family. Farming.** 94% of American dairy farms are owned by families just like yours. They care deeply about creating high-quality dairy products while caring for their cows and the land they'll pass on to their children.



**Quality animal care.** Cows are the center of the dairy farm and caring for them is a passion and a priority. Dairy farmers work 365 days a year making sure they have nutritious food, clean water, comfortable bedding and regular veterinary care.



**Environmentally friendly production.** Producing one gallon of milk creates a 19% smaller carbon footprint (and involves 30% less water and 21% less land) than it did 10+ years ago.



**What is sustainable nutrition?** Simply put, sustainable nutrition is the ongoing science-based pursuit to providing affordable, accessible, nutrient-rich foods that can nourish the world's growing population and support our farmers while also protecting environmental resources now and for future generations.

**Why sustainable nutrition?** Sustainability means nothing if we can't sustain the very farms that provide our food, fiber and fuel. Dairy farmers take pride in protecting the land, caring for their animals and producing high-quality milk – and they're more essential than ever before.

Farmers feed us in more ways than one.

**Learn more at [AmericanDairy.com](http://AmericanDairy.com).**



**AMERICAN DAIRY  
ASSOCIATION** NORTH  
EAST

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