

# HOW ONE COW CONTRIBUTES TO A SUSTAINABLE FOOD SYSTEM

## NUTRITION & HEALTH BENEFITS

Few foods deliver dairy's powerhouse of nutrients in such an affordable, delicious and readily available way.

1 cow produces on average  
144 servings of milk per day.

That's enough to provide  
48 people with  
3 daily servings  
of low-fat milk.



And this would deliver:

- 90% DV for calcium
- 90% DV for vitamin D
- 30% DV for potassium
- 48% DV for protein

Milk is  
~17¢ per  
serving

+ additional nutrients essential for health

DV: Daily Value

Dairy intake is associated with:

- Strong bones and teeth
- Reduced risk of cardiovascular disease and type 2 diabetes
- Lower blood pressure in adults

## NUTRIENT MANAGEMENT

Rich in nutrients, cow manure fertilizes the land for growing more crops for people and animals.



1 cow produces  
17 gallons  
of manure per day.

That's enough  
fertilizer to grow  
56 pounds of corn or  
84 pounds of tomatoes.



## TAKING IT FURTHER

Manure is also becoming a source of additional value. Anaerobic digester systems convert manure and commercial food waste into:

- > Electricity
- > Fuel for cars and trucks
- > Fertilizer and fiber

**\$200 per cow per year**  
in combined revenues and cost savings

## VALUE FROM BY-PRODUCTS

Having four stomachs means cows can recycle food that people can't eat.

75% of a cow's diet is not consumable by humans.

By-products from the human food and fiber industries (e.g., citrus pulp and cottonseed) are converted to milk rather than sent to landfills.



**Sources:** Nutrition: A. Drewnowski, *Am J Clin Nutr*, 2010; USDA National Nutrient Database for Standard Reference SR25; 2010 *Dietary Guidelines for Americans*; Nutrients and reuse: Est. of human edible and inedible materials computed from the avg. Midwestern lactating cow ration published by Thoma et al; Greenhouse Gas Emissions of Fluid Milk, 2010; Erb, Kevin; Manure 101, University of Wisconsin Extension, 2010; Digester: Innovation Center, Case Study: Food Waste, 2013.