



13 WAYS *Milk* CAN HELP YOUR BODY

ONE SERVING OF MILK CONTAINS MANY OF THE ESSENTIAL NUTRIENTS YOUR BODY NEEDS, INCLUDING:

25% DAILY VALUE



Calcium

Helps build and maintain strong bones and teeth.

20% DAILY VALUE

PANTOTHENIC ACID

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



PHOSPHORUS

Helps build and maintain strong bones and teeth, supports tissue growth.

Milk not only tastes great, it also is an affordable source of 13 essential nutrients. But, did you know that three of the nutrients in milk - vitamin A, vitamin D, and protein - are essential for a healthy immune function?



LOOK FOR THE SEAL.

Protein

Helps build and repair tissue.
Helps maintain a healthy immune system.

16% DAILY VALUE



15% DAILY VALUE

Niacin ⚡ Used in energy metabolism in the body.

Riboflavin

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

30% DAILY VALUE



Vitamin B12

50% DAILY VALUE

Helps with normal blood function, helps keep the nervous system healthy.



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15% DAILY VALUE

Vitamin A

Helps keep skin and eyes healthy, helps promote growth. Helps maintain a healthy immune system.



ZINC

Helps maintain a healthy immune system, helps support normal growth and development and helps maintain healthy skin.

10% DAILY VALUE

SELENIUM

Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.

Iodine **60% DAILY VALUE**



Necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.

*Potassium** **10% DRI**



Helps maintain a healthy blood pressure and supports heart health. Helps regulate body fluid balance and helps maintain normal muscle function.

*Source: USDA FoodData Central. FDA's Daily Value (DV) for potassium of 4700 mg is based on a 2005 DRI recommendation. In 2019, NASEM updated the DRI to 3400 mg. Based on the 2019 DRI, a serving of milk provides 10% of the DRI. FDA rule-making is needed to update this value for the purpose of food labeling.

15% DAILY VALUE

Vitamin D



Helps build and maintain strong bones and teeth. Helps maintain a healthy immune system.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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