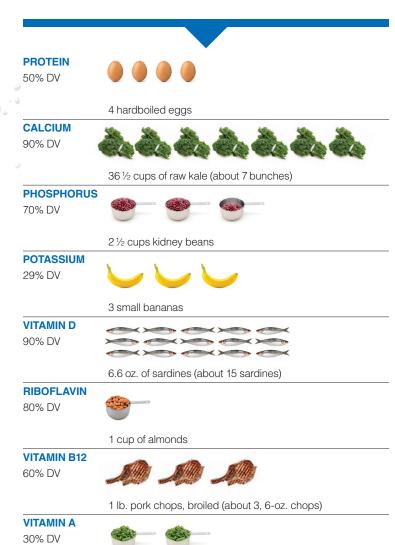
## Three Servings of Milk Delivers A Unique Nutrient Package

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 provides as much of each nutrient as:



2 cups of cooked grean beans



Source: US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28. Version Current: September 2015. Internet: http://www.ars.usda.gov/nea/bhnrc/ndl

