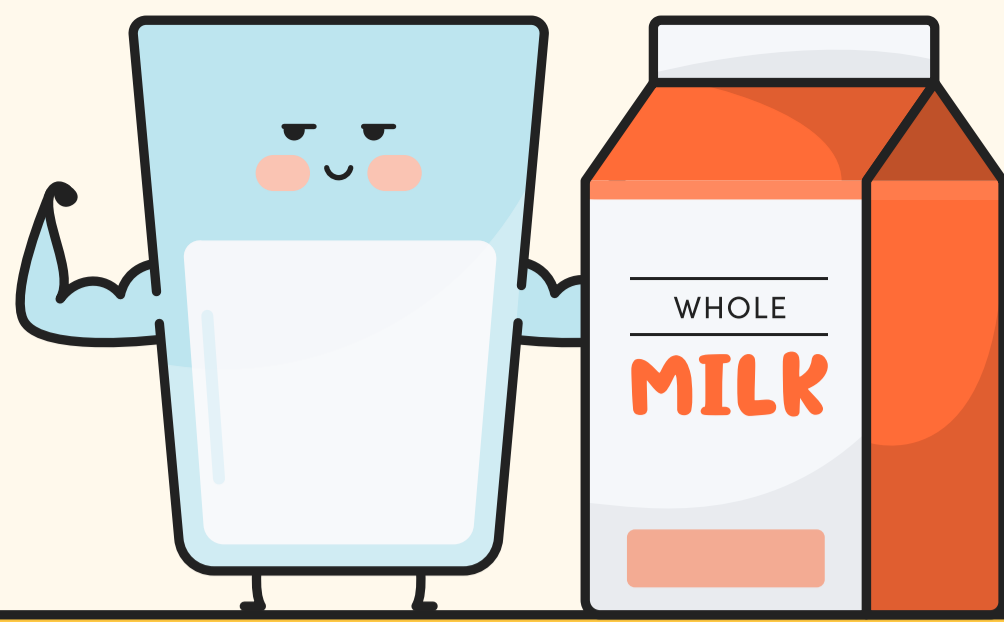


# What's in a Glass of Milk?



## One Serving of Dairy<sup>1</sup>



1cup/8oz  
Glass of Milk



1cup/8oz of  
Yogurt



1.5oz of  
Natural Cheese



2oz of Processed  
Cheese

Milk naturally contains about 90% water, which helps your body stay hydrated<sup>2,3</sup>.

## Recommended Servings

**3 servings** of dairy a day for ages **9 and older**

**2.5 servings** a day for children **4 - 8 years**

**2 servings** a day for children **2 - 3 years**<sup>1</sup>

## One Serving of Milk Contains<sup>4</sup>

### Calcium

25% Daily Value

Helps build and maintain strong bones and teeth. It also plays a role in nerve function, muscle contraction, and blood clotting.



### Protein

16% Daily Value

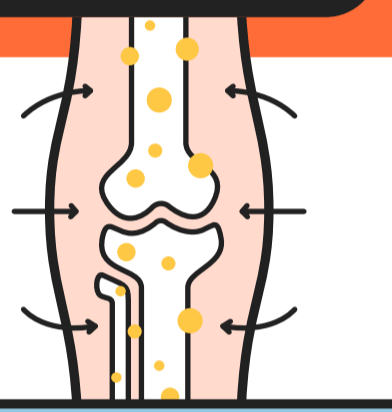
Helps build and repair muscle tissue, is good for your bones, and serves as a source of energy.



### Vitamin D

15% Daily Value

Helps promote the absorption of calcium to build and maintain strong bones and teeth.



### Vitamin A

15% Daily Value

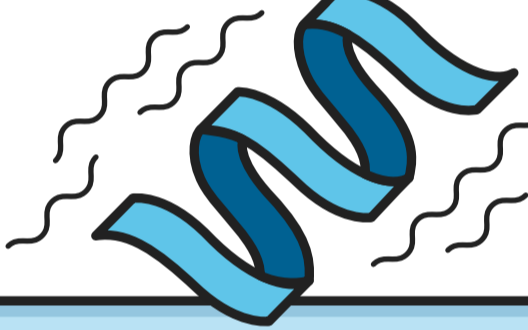
Helps maintain normal vision and skin. Helps maintain a healthy immune system.



### Phosphorus

20% Daily Value

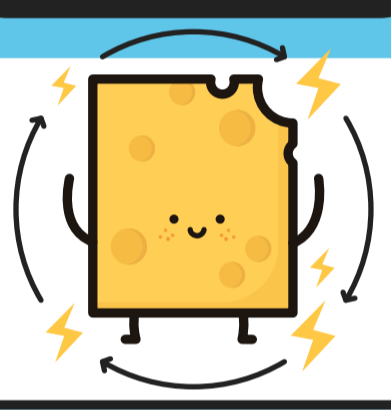
Helps build and maintain strong bones and teeth, supports tissue growth.



### Riboflavin (B2)

30% Daily Value

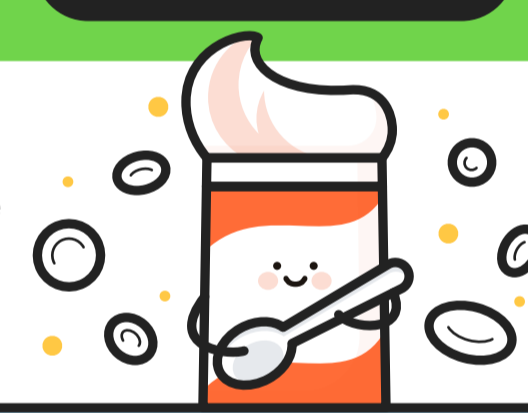
Helps your body use carbohydrates, fats and protein for fuel.



### Vitamin B12

50% Daily Value

Helps with normal blood function and keeping the nervous system healthy.



### Niacin (B3)

15% Daily Value

Involved in the metabolism of sugars and fatty acids, helping convert food to energy.



### Pantothenic Acid (B5)

20% Daily Value

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

### Zinc

10% Daily Value

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

### Selenium

10% Daily Value

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% Daily Value

Helps regulate the body's fluid balance and maintain normal blood pressure.

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.

## Drinking milk may also help lower your risk for:

High blood pressure<sup>7-8</sup>, obesity<sup>6</sup>, cardiovascular disease<sup>9-11</sup>, stroke<sup>9-11</sup> and type 2 diabetes<sup>10-11</sup>.

## The Following B Vitamins in Milk Can Help Your Body Convert Food Into Fuel<sup>5</sup>

Vitamin B12

Riboflavin (B2)

Pantothenic Acid (B5)

Niacin (B3)

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