MILK'S UNIQUE NUTRIENT PACKAGE
Benefits for Bones and Beyond

Milk contains nine essential nutrients, making it one of the most nutrient-rich beverages you can enjoy. Just one 8-ounce serving of milk puts you well on your way to meeting the Daily Value (recommended intake for those on a 2,000 calorie diet) for calcium, riboflavin and other key nutrients. Read on to learn just how important milk's nutrients are for good health.

Calcium 30% Daily Value
An 8-ounce serving of milk provides 30% of the Daily Value of calcium. Calcium helps build and maintain strong bones and teeth. This mineral also plays an important role in nerve function, muscle contraction and blood clotting.

Vitamin D 25% Daily Value
When fortified, a glass of milk provides about 25% of the Daily Value for vitamin D. Vitamin D helps promote the absorption of calcium and enhances bone mineralization. Milk is one of the few dietary sources of this important nutrient.

Protein 16% Daily Value
The protein in milk is high quality, which means it contains all of the essential amino acids or "building blocks" of protein. Protein builds and repairs muscle tissue, and serves as a source of energy during high-powered endurance exercise. An 8-ounce glass of milk provides about 16% of the Daily Value for protein.

Potassium 11% Daily Value
Potassium regulates the body's fluid balance and helps maintain normal blood pressure. It's also needed for muscle activity and contraction. By providing 11% of the Daily Value of potassium, milk contains more than the leading sports drink.

Vitamin A 10% Daily Value
A glass of milk provides 10% of the Daily Value of vitamin A. This nutrient helps maintain normal vision and skin. It also helps regulate cell growth and maintains the integrity of the immune system.

Vitamin B_{12} 13% Daily Value
Vitamin B_{12} helps build red blood cells that carry oxygen from the lungs to working muscles. Just one 8-ounce glass of milk provides about 13% of the Daily Value for this vitamin.

Riboflavin 24% Daily Value
Milk is an excellent source of riboflavin, providing 24% of the Daily Value. Riboflavin, also known as vitamin B_2, helps convert food into energy – a process crucial for exercising muscles.

Niacin 10% Daily Value
(or Niacin Equivalent)
Niacin is important for the normal function of many enzymes in the body, and is involved in the metabolism of sugars and fatty acids. A glass of milk contains 10% of the Daily Value for niacin.

Phosphorus 20% Daily Value
Phosphorus helps strengthen bones and generates energy in your body's cells. Providing 20% of the Daily Value, milk is an excellent source of phosphorus.

Additional resources are available at www.nationaldairycouncil.org.
Call (312) 240-2880 for more information.

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