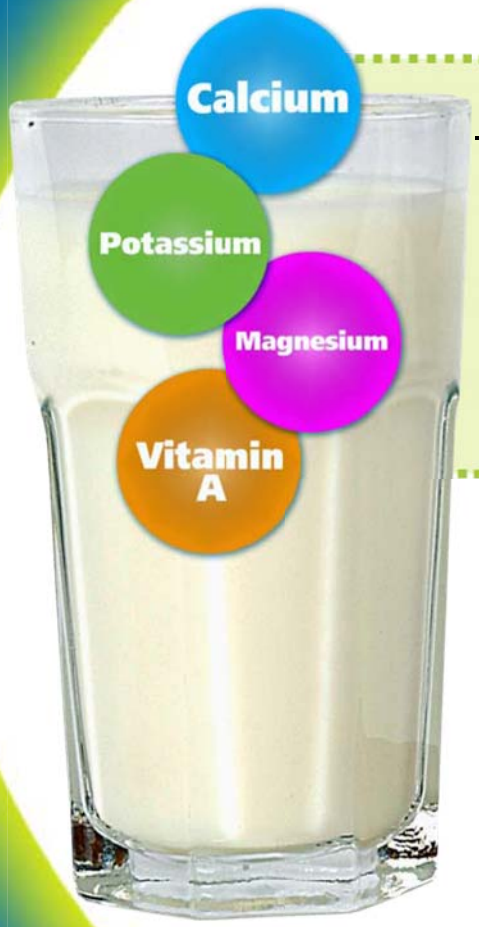
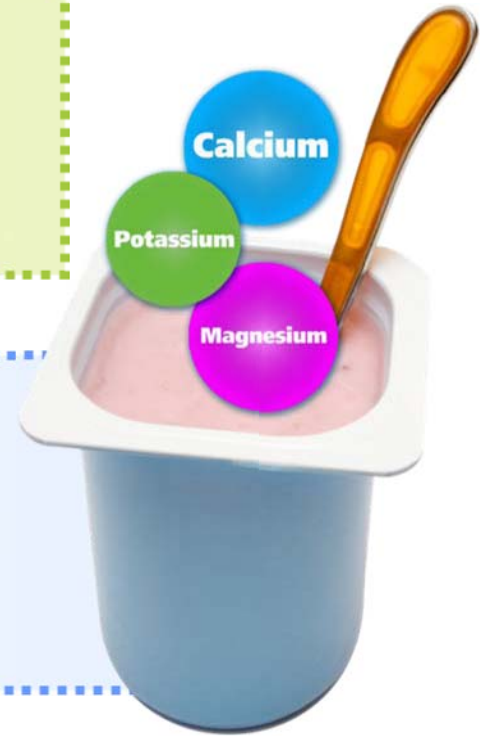
Important for Parents and Kids



– Dairy foods supply four of the seven "nutrients of concern" for which American adults have low intakes: **vitamin A, calcium, magnesium and potassium**

Dairy foods supply three of the five nutrients of concern for which children have low intakes: **calcium, potassium, and magnesium**[1]



[1] U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans*, 2005. 6th Edition, Washington, DC: U.S. Government Printing Office, January 2005.

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