

THEY'RE CALLED **ESSENTIAL** FOR A REASON.

*** Potassium** as one small banana

*** Protein** as 1 1/2 medium eggs

*** Vitamin A** as 3/4 cup of broccoli

*** Riboflavin** as 1/3 cup of whole almonds

*** Vitamin D** as 3/4 ounce of cooked salmon

*** Niacin** as 10 cherry tomatoes

*** Vitamin B-12** as 3 ounces of turkey

*** Calcium** as 10 cups of raw spinach

*** Phosphorus** as 1 cup of canned kidney beans

Milk's nine essential nutrients can help kids and teens grow healthy and strong.

1 Calcium 300 mg, 30% DV

Helps build and maintain strong bones and teeth. It helps reduce the risk of stress fractures and osteoporosis later in life. Plays a role in promoting normal blood pressure.

2 Vitamin D 100 IU, 25% DV

Helps absorb calcium for healthy bones.

3 Phosphorus 245 mg, 20% DV

Works with calcium and vitamin D to help keep bones strong.

4 Riboflavin 0.46 mg, 20% DV

Helps convert food into energy. Plays a vital role in the development of the central nervous system.

5 Protein 8 g, 16% DV

Helps build and maintain lean muscle. Contains all the essential amino acids (the building blocks for protein).

6 Vitamin B-12 1.2 mcg, 13% DV

Helps build red blood cells and helps maintain the central nervous system.

7 Potassium 370 mg, 11% DV

Helps regulate the balance of fluids in the body and plays a role in maintaining a normal blood pressure.

8 Vitamin A 490 IU, 10% DV

Important for good vision, healthy skin, and a healthy immune system.

9 Niacin 2 mg, 10% DV**

Helps the body's enzymes function normally by converting nutrients into energy.

USDA National Nutrient Database for Standard Reference, Release 23, 24.

Percent Daily Values reflect current nutrition recommendations for a 2,000 calorie per day diet.

**As niacin equivalents.

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