

# 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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