



12 WAYS

MILK

CAN HELP YOUR BODY

One serving of milk contains many of the essential nutrients your body needs, including:

CALCIUM



Helps build and maintain strong bones and teeth.

25%
DAILY VALUE

PROTEIN



Helps build and repair tissue. Helps maintain a healthy immune system.

16%
DAILY VALUE

VITAMIN D



Helps build and maintain strong bones and teeth. Helps maintain a healthy immune system.

15%
DAILY VALUE

PHOSPHORUS



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

20%
DAILY VALUE

VITAMIN A



Helps keep skin and eyes healthy; helps promote growth. Helps maintain a healthy immune system.

15%
DAILY VALUE

RIBOFLAVIN



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

30%
DAILY VALUE

VITAMIN B12



Helps with normal blood function, helps keep the nervous system healthy.

50%
DAILY VALUE

PANTOTHENIC ACID



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

20%
DAILY VALUE

NIACIN



Used in energy metabolism in the body.

15%
DAILY VALUE

ZINC



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

10%
DAILY VALUE

SELENIUM



Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.

10%
DAILY VALUE

IODINE



Necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.

60%
DAILY VALUE

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.



Source: USDA FoodData Central online at <https://fdc.nal.usda.gov/>. Mean values calculated from database entries across all fat levels of plain vitamin D-fortified fluid milk in Legacy, Foundation, and Survey (FNDDS) data sources.

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