

# MILK'S UNIQUE NUTRIENT PACKAGE

## Benefits for Stronger Bones and Better Bodies

Milk contains nine essential nutrients, making it one of the most nutrient-dense beverages you can enjoy. Drinking 8 ounces of delicious, satisfying milk can help get you on your way to meeting the Dietary Guidelines for Americans' recommended three servings of low-fat or fat-free milk or milk products a day. Read on to learn just how important milk's nutrients are for your body's health!



### **CALCIUM (30% DV\*)**

Calcium helps build and maintain strong bones and teeth. It also plays an important role in nerve function, muscle contraction and blood clotting.

### **POTASSIUM (11% DV)**

Potassium regulates the body's fluid balance, helps maintain normal blood pressure and is needed for muscle activity and contraction.

### **PHOSPHORUS (20% DV)**

Phosphorus helps strengthen bones and generates energy in the body's cells.

### **PROTEIN (16% DV)**

Protein builds and repairs muscle tissue and serves as a source of energy during high-powered endurance exercise.

### **VITAMIN A (10% DV)**

Vitamin A helps maintain normal vision and skin, helps regulate cell growth and maintains the integrity of the immune system.

### **VITAMIN D (25% DV)**

Vitamin D helps promote the absorption of calcium and enhances bone mineralization.

### **VITAMIN B12 (13% DV)**

Vitamin B12 helps build red blood cells that carry oxygen from the lungs to working muscles.

### **RIBOFLAVIN (24% DV)**

Riboflavin, also known as vitamin B2, helps convert food into energy – a process crucial for exercising muscles.

### **NIACIN (10% DV)**

Niacin (or niacin equivalent) is important for the normal function of many enzymes in the body and is involved in the metabolism of sugars and fatty acids.

\*Percent of Daily Value based on rounded values for 8-ounce cup of milk as found on Nutrition Facts Label according to FDA

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