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

### 13 Ways Milk Can Help Your Body

- **Calcium**
  - Helps build and maintain strong bones and teeth.
  - DAILY VALUE: 25%

- **Protein**
  - Helps build and repair tissue. Helps maintain a healthy immune system.
  - DAILY VALUE: 16%

- **Vitamin D**
  - Helps build and maintain strong bones and teeth. Helps maintain a healthy immune system.
  - DAILY VALUE: 15%

- **Phosphorus**
  - Helps build and maintain strong bones and teeth, supports tissue growth.
  - DAILY VALUE: 20%

- **Vitamin A**
  - Helps keep skin and eyes healthy; helps promote growth. Helps maintain a healthy immune system.
  - DAILY VALUE: 15%

- **Riboflavin**
  - Helps your body use carbohydrates, fats and protein for fuel.
  - DAILY VALUE: 30%

- **Vitamin B12**
  - Helps with normal blood function, helps keep the nervous system healthy.
  - DAILY VALUE: 50%

- **Pantothenic Acid**
  - Helps your body use carbohydrates, fats and protein for fuel.
  - DAILY VALUE: 20%

- **Niacin**
  - Used in energy metabolism in the body.
  - DAILY VALUE: 15%

- **Zinc**
  - Helps maintain a healthy immune system, helps support normal growth and development and helps maintain healthy skin.
  - DAILY VALUE: 10%

- **Selenium**
  - Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.
  - DAILY VALUE: 10%

- **Iodine**
  - Necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.
  - DAILY VALUE: 60%

- **Potassium**
  - Helps maintain a healthy blood pressure and supports heart health. Helps regulate body fluid balance and helps maintain normal muscle function.
  - DAILY RECOMMENDED INTAKE: 10%

*Source: USDA FoodData Central. FDA's Daily Value (DV) for potassium of 4700 mg is based on a 2005 DRI recommendation. In 2019, NASEM updated the DRI to 3400 mg. Based on the 2019 DRI, a serving of milk provides 10% of the DRI. FDA rule-making is needed to update this value for the purpose of food labeling.*