

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

13 WAYS

# MILK

CAN HELP YOUR BODY

## CALCIUM

DAILY VALUE



Helps build and maintain strong bones and teeth.

25%

## PANTOTHENIC ACID

DAILY VALUE



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

20%

## PROTEIN

DAILY VALUE



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

16%

## NIACIN

DAILY VALUE



Used in energy metabolism in the body.

15%

## VITAMIN D

DAILY VALUE



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

15%

## ZINC

DAILY VALUE



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

10%

## PHOSPHORUS

DAILY VALUE



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

20%

## SELENIUM

DAILY VALUE



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

10%

## VITAMIN A

DAILY VALUE



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

15%

## IODINE

DAILY VALUE



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

60%

## RIBOFLAVIN

DAILY VALUE



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

30%

## POTASSIUM\*

DAILY RECOMMENDED INTAKE



Helps maintain a healthy blood pressure and supports heart health. Helps regulate body fluid balance and helps maintain normal muscle function.

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.