



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%**

VITAMIN B12 DAILY VALUE

 Helps with normal blood function, helps keep the nervous system healthy. **50%**

The % Daily Value 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.



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*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.