

13 Reasons Milk Is Essential



Milk is a great source of essential nutrients, including vitamin A, vitamin D, zinc, selenium and protein – vital for a healthy immune system.¹



Protein

Helps build and repair tissue; supports immunity.

16%
Daily Value



Niacin

Used in energy metabolism in the body.

15%
Daily Value



Calcium

Helps build and maintain strong bones and teeth.

25%
Daily Value



Pantothenic Acid

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

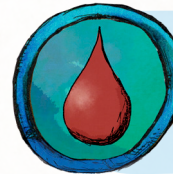
20%
Daily Value



Potassium

Supports healthy heart, blood pressure, body fluid balance and muscle function.

10%
Dietary Reference Intake²



Vitamin B12

Supports normal blood function and nervous system.

50%
Daily Value



Vitamin D

Supports strong bones, teeth and immune system.

15%
Daily Value



Iodine

Crucial for bone and brain development in pregnancy and infancy.

60%
Daily Value



Zinc

Supports healthy immune system, development and skin.

10%
Daily Value



Phosphorus

Supports strong bones and teeth; helps tissue growth.

20%
Daily Value



Vitamin A

Supports healthy skin, eyes and immune system; promotes growth.

15%
Daily Value



Selenium

Supports healthy immune system and metabolism; helps protect healthy cells from damage.

10%
Daily Value



Riboflavin

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

30%
Daily Value

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Daily Value indicates the percentage that a nutrient in a serving of food contributes to a general diet of 2,000 calories per day.

1. 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. 2. USDA FoodData Central. FDA's Daily Value (DV) for potassium of 4700 milligrams is based on a 2005 Dietary Reference Intake (DRI) recommendation. In 2019, the National Academies of Sciences, Engineering, and Medicine updated the DRI to 3400 milligrams. Based on the 2019 DRI, a serving of milk provides 10% of the DRI. FDA rule-making is needed to update this value for food labeling.