

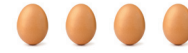
Three Servings of Milk Deliver A Unique Nutrient Package

The Dietary Guidelines for Americans recommends three servings of dairy products each day.*



Milk's essential nutrients can be difficult to replace in a healthy dietary pattern. Three 8-ounce cups provide as much of each nutrient as:

PROTEIN
50% DV



4 large (50 g) hardboiled eggs

CALCIUM
70% DV



38 cups of raw kale

PHOSPHORUS
60% DV



approx. 3 cups of cooked red kidney beans

VITAMIN B₁₂
140% DV



approx. 1 lb pork chops

RIBOFLAVIN (B₂)
100% DV



0.8 cups of whole almonds

PANTOTHENIC ACID (B₅)
50% DV



approx. 5 cups of chopped broccoli

VITAMIN A
45% DV



approx. 1.8 cups of fortified ready-to-eat cereal

VITAMIN D
45% DV



6.5 oz of sardines (approx. 15 sardines)

NIACIN (B₃)
35% DV



approx. six large white mushrooms

*The 2015-2020 Dietary Guidelines for Americans recommends three servings of low-fat or fat-free dairy foods (milk, cheese, yogurt) for Americans 9 years and older.

Source: U.S. Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28, revised May 2016. Calculations based on low-fat milk (USDA database #01082). Some milk may be a good source of selenium and/or zinc. Other foods used: eggs (#01129), kale (#11233), kidney beans (#16031), pork chops (#10058), almonds (#12061), fortified ready-to-eat cereal (#08508), sardines (#15088), mushrooms (#11260), broccoli (#11090).