



Pour  
More  
Milk

# MILK

## FIGHTS DIABETES, HEART DISEASE AND MORE

### Why choose milk?

Dairy foods like milk are an important part of a healthy diet, and studies suggest they may help reduce your risk of certain diseases.

#### **Dairy has been linked with a lower risk of Type 2 diabetes.**

Researchers analyzing a variety of studies found that people who included dairy, such as low-fat milk, in their diets had a had a 6%-10% lower risk of Type 2 diabetes.

#### **Dairy has been linked with a lower risk of heart disease.**

Several studies have shown that people who drink low-fat milk had a lower risk of both heart disease and stroke.

#### **Dairy has been linked with a lower risk of osteoporosis.**

The essential nutrients in milk, especially calcium and vitamin D, are important for achieving peak bone mass and reducing risk for osteoporosis later in life. Research has linked eating dairy to improved bone health, especially in children and teenagers.



***Real cow's  
milk offers  
unmatched  
nutrition.***

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## How does it work?

### Milk has 13 essential nutrients.

Milk is simple – naturally full of important nutrition, including 8 grams of high-quality protein per cup.

### Milk has what you're missing.

Milk is an important source of calcium, vitamin D and potassium, three of the four nutrients most of us don't get enough of, according to the Dietary Guidelines for Americans.

### Milk's nutrients help lower blood pressure.

Dairy is a good source of calcium, potassium and magnesium – that can help lower blood pressure as a part of the award-winning Dietary Approaches to Stop Hypertension (DASH) eating plan.

## Dairy is just one part of your daily diet.

Good food fuels good health and milk is just a part of that. Along with your three servings of dairy every day, make sure you balance things out with fruits, veggies, whole grains and lean proteins.

### How much milk should I drink?

2-3 years old	4-8 years old	9+ years old
2 cups daily	2 ½ cups daily	3 cups daily



### Milk's 13 essential nutrients.

