

# Milk

## There's no substitute



## Cow's milk is a powerhouse - a good or excellent source of nine essential nutrients.

- Protein
- Vitamin A
- Vitamin B2 (Riboflavin)
- Vitamin B3 (Niacin)
- Vitamin B5 (Pantothenic Acid)
- Vitamin B12 (Cobalamin)
- Vitamin D
- Calcium
- Phosphorus

Whether cow's milk is fat-free, low-fat, lactose-free or flavored, the Food and Drug Administration (FDA) says it's not only safe, but meets a standard of identity - containing all of these nutrients in the same amounts in every glass.

### Real cow's milk

- Meets an FDA standard of identity
- Naturally nutrient-rich
- Backed by decades of research

### Nondairy milk alternatives

- Nutritional content varies from brand to brand
- Supplemented with nutrients naturally found in real cow's milk
- Not thoroughly researched

**Lower risk of disease.** Scientific evidence shows milk, as part of a balanced diet, has been associated with:

- Improved bone health
- Lower risk of cardiovascular disease
- Reduced risk of Type 2 diabetes
- Improvements in weight management

**Three daily servings** of low-fat or fat-free milk, cheese or yogurt are recommended by the Dietary Guidelines for Americans.

**Even if you're lactose intolerant,** there are many ways to enjoy the nutrition and health benefits of real dairy. From lactose-free milk to other dairy foods that are naturally lower in lactose, like yogurt or natural cheeses (such as cheddar, Swiss or mozzarella), there's a solution for everyone in the dairy case.

# Cow's milk vs. milk substitutes

Choices are great, but when it comes to nutritional value, not all milks are created equal.









**Affordability.** At 25 cents or less per cup, milk is a nutritious bargain.



**No added sugar.** Milk does contain sugar, but that sugar is naturally occurring lactose. Many milk alternatives have added sugar.

**Simpler ingredients.** Milk is a natural product, typically containing just three ingredients: milk, vitamin A and vitamin D. It has none of the stabilizers or flavorings often found in the ingredient list of nondairy alternatives.

**Protein.** On average, milk offers 8 grams of high-quality protein per cup; many nondairy milk alternatives have 1 gram or less. Plus, the proteins in cow's milk offer all the essential amino acids.

								
	Milk	Almond	Coconut	Soy	Rice	Oat	Pea	Flax
Added Sugar Per Serving	0 grams	7 grams	7 grams	5 grams	10 grams	0 grams	6 grams	7 grams
Number of Ingredients	3	11	14	11	4-6	10	14	13
Protein Per Serving	8 grams	1 gram	<1 grams	7 grams	1 gram	4 grams	8 grams	0 grams

Whether you love it for its nutrient richness and simple ingredient list, or its taste and versatility, cow's milk is just one of the many dairy products you can enjoy as part of your recommended three daily servings of dairy.

Find #DairyAmazing recipes at [DairyDiscoveryZone.com](https://dairydiscoveryzone.com), and more science and resources at [DairyMAX.org](https://dairymax.org)