

MILK: NUTRIENT POWER HOUSE



* **Vitamin A** as 2
hard boiled eggs



* **Riboflavin** as 1/3
cup of whole
almonds



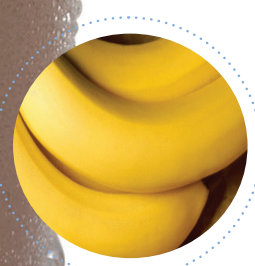
* **Phosphorus** as
1 cup of kidney
beans



* **Vitamin D** as 3/4
ounce of cooked
salmon



* **Calcium** as 10 cups
of raw spinach



* **Potassium** as one
small banana

An 8-ounce
serving of milk,
flavored or not,
gives kids
as much ...



USDA National Nutrient Database for Standard Reference, Release 23

Nutrients included are either a good/excellent source in one 8-ounce serving of lowfat milk and lowfat flavored milk, and/or nutrients lacking in America's diets.

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