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 6 percent to 10 percent 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.
How does it work?

Milk has nine 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) diet.

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?

<table>
<thead>
<tr>
<th>Age</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>2-3 years old</td>
<td>2 cups daily</td>
</tr>
<tr>
<td>4-8 years old</td>
<td>2 ½ cups daily</td>
</tr>
<tr>
<td>9+ years old</td>
<td>3 cups daily</td>
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</tbody>
</table>

Milk’s nine essential nutrients.

- Calcium
- Protein
- Vitamin D
- Vitamin B₃
- Vitamin A
- Vitamin B₅
- Vitamin B₁₂
- Vitamin B₂
- Phosphorus

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