

13 Ways MILK CAN HELP YOUR BODY

One serving of MILK contains many of the essential nutrients your body needs, including:

25% DAILY VALUE

CALCIUM
Helps build and maintain strong bones and teeth.

16% DAILY VALUE

PROTEIN
Helps build and repair tissue. Helps maintain a healthy immune system.

15% DAILY VALUE

VITAMIN D
Helps build and maintain strong bones and teeth. Helps maintain a healthy immune system.

20% DAILY VALUE

PHOSPHORUS
Helps build and maintain strong bones and teeth, supports tissue growth.

15% DAILY VALUE

VITAMIN A
Helps keep skin and eyes healthy; helps promote growth. Helps maintain a healthy immune system.

30% DAILY VALUE

RIBOFLAVIN
Helps your body use carbohydrates, fats and protein for fuel.

50% DAILY VALUE

VITAMIN B12
Helps with normal blood function, helps keep the nervous system healthy.

20% DAILY VALUE

PANTOTHENIC ACID
Helps your body use carbohydrates, fats and protein for fuel.

15% DAILY VALUE

NIACIN
Used in energy metabolism in the body.

10% DAILY VALUE

ZINC
Helps maintain a healthy immune system, helps support normal growth and development and helps maintain healthy skin.

10% DAILY VALUE

SELENIUM
Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.

60% DAILY VALUE

IODINE
Necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.

10% DAILY VALUE

POTASSIUM*
Helps maintain a healthy blood pressure and supports heart health. Helps regulate body fluid balance and helps maintain normal muscle function.

*Source: USDA FoodData Central. FDA's Daily Value (DV) for potassium of 4700 mg is based on a 2005 DRI recommendation. In 2019, NASEM updated the DRI to 3400 mg. Based on the 2019 DRI, a serving of milk provides 10% of the DRI. FDA rule-making is needed to update this value for the purpose of food labeling.