

MILK

Most children today don't get enough protein, calcium, and vitamin D. The good news? Milk is a great source of all these nutrients! Milk is a high quality source of protein that contains calcium and Vitamin D, two essential nutrients that work together in the body to support the growth of healthy bones. In fact, milk is also an important source of potassium, magnesium, and Vitamin A!*



Set a good example and drink your milk!

Help your kids form healthy habits now, which they can take with them later in life.

Did you know?

1 cup of milk provides more protein than a large egg!

* U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th Edition, Washington, DC: U.S. Government Printing Office, 2010