

THE POWER OF (REAL) Milk

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.

20% DAILY VALUE

PANTOTHENIC ACID

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

PHOSPHORUS

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



Protein

Helps build and repair muscle tissue.

16% DAILY VALUE



10% DAILY VALUE

Niacin

Used in energy metabolism in the body.



Riboflavin

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

35% DAILY VALUE

Vitamin B12

50% DAILY VALUE

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

Milk not only tastes great, it also is an affordable source of 9 essential nutrients. But, did you know that three of the nutrients in milk - vitamin A, vitamin D, and protein - are essential for a healthy immune function?

15% DAILY VALUE

Vitamin A

Helps keep skin and eyes healthy, helps promote growth. Supports healthy immune cells.

Proteins are the building blocks of all cells in the body - including immune cells and immune signaling molecules. Specifically, research has shown that amino acids can activate immune cells and stimulate the production of antibodies, cytokines and other cytotoxic substances that help keep us healthy.

15% DAILY VALUE



Vitamin D

Helps build and maintain strong bones and teeth. Emerging evidence indicates that vitamin D plays a role in helping to maintain a healthy immune function, too. Research has shown that vitamin D can increase cellular immunity, which helps the body kill bad bacteria.

(<https://www.nap.edu/read/13050/chapter/5#91>)

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The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. Eight ounce serving, low-fat milk with added vitamin A and D. Credit: National Dairy Council

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