

# FUEL UP WITH MILK

*it does a body good!*

Milk provides 9 essential nutrients, making it one of the healthiest beverages you can choose. Drinking a cup of milk – any flavor – helps fuel your body and get you on your way to the recommended 3 servings every day of low-fat or fat-free milk, cheese or yogurt!



## **CALCIUM:**

Builds strong bones and teeth and helps the nerve, muscle and blood system work

## **POTASSIUM:**

Helps control your body's fluid balance and keeps the heart and muscles healthy

## **PHOSPHORUS:**

Creates cell energy and helps strengthen your bones

## **PROTEIN :**

Builds and repairs muscles to help you keep moving

## **VITAMIN A:**

Keeps your eyes and skin healthy and aids in fighting germs

## **VITAMIN D:**

Helps your body absorb calcium and improve bone strength

## **VITAMIN B12:**

Builds red blood cells that carry oxygen and help your muscles work

## **RIBOFLAVIN:**

Also known as vitamin B2, helps turn your food into energy

## **NIACIN:**

Helps your body digest food

Brought to you by the dairy farm families of the Southeast.

