

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.

