



Milk, Cheese and Yogurt's 9 Essential Nutrients

Calcium

One 8-ounce serving of milk provides 30% of the Daily Value of calcium. Calcium helps build and maintain strong bones and teeth. This mineral also plays an important role in nerve function, muscle contraction and blood clotting.

Protein

The protein in milk is high quality, which means it contains all 9 essential amino acids or "building blocks" of protein. Protein builds and repairs muscle tissue, and serves as a source of energy during high-powered endurance exercise. An 8-ounce glass of milk provides about 16% of the Daily Value for protein.

Niacin

Niacin helps enzymes in the body, and is involved in the metabolism of sugars and fats. A glass of milk contains 10% of the Daily Value for niacin.

Vitamin A

A glass of milk provides 10% of the Daily Value of vitamin A. This nutrient helps maintain normal vision and skin. It also helps regulate cell growth and maintains the integrity of the immune system.

Vitamin B₁₂

Vitamin B12 helps build red blood cells that carry oxygen from the lungs to working muscles. Just one 8-ounce glass of milk provides about 13% of the Daily Value for this vitamin.

Riboflavin

Milk is an excellent source of riboflavin, providing 24% of the Daily Value. Riboflavin, also known as vitamin B2, helps convert food into energy – a process crucial for exercising muscles.

Potassium

Potassium regulates the body's fluid balance and helps maintain normal blood pressure. It's also needed for muscle activity and contraction. By providing 11% of the Daily Value of potassium, milk contains more than the leading sports drink.

Phosphorus

Phosphorus helps strengthen bones and makes energy in your body's cells. Providing 20% of the Daily Value, milk is an excellent source of phosphorus.

Vitamin D

When fortified, a glass of milk provides about 25% of the Daily Value for vitamin D. Vitamin D helps us absorb calcium and build strong bones. Vitamin D also helps control body fat.