

Nutritional Benefits of Milk

II. WHAT ARE SOME OF THE RESEARCH-SUPPORTED BENEFITS OF MILK?

- a. Calcium, found plentifully in milk, helps the human body make and maintain strong bones. Three servings of calcium-rich milk every day can significantly reduce the risk of fracture and bone disease. (<http://www.gotmilk.com/pdf/BoneHealthNutrition.pdf> and http://www.gotmilk.com/pdf/calcium_bones.pdf)
- b. A diet high in calcium-rich dairy foods like milk may cut the physical and emotional symptoms of Premenstrual Syndrome in half. (http://www.gotmilk.com/pdf/calcium_jour_of_nutrition_s.pdf)
- c. The Vitamin A, B6, Biotin, and Potassium in milk work as a team to promote healthy hair, skin and nails. These vitamins also help facilitate soft, shiny hair. (http://www.gotmilk.com/pdf/bad_hair_beauty.pdf)
- d. When muscle breaks down after exercise, milk contains important proteins like whey and casein that help muscle rebuild. Milk may also prevent muscles from cramping. (http://www.gotmilk.com/pdf/5135_s.pdf and http://www.gotmilk.com/pdf/chocolate_milk_as_recovery_aid.pdf)
- e. Along with regular brushing and flossing, calcium, protein, and other antibacterials found in milk will help prevent cavities. (http://www.gotmilk.com/pdf/milk_and_oral_health_white_paper_final_s.pdf)

III. COMPARE MILK TO OTHER BEVERAGES

REGULAR WHITE, WHOLE MILK

Nutrition Facts	
Serving size – three cups (24 oz)	
Amount Per Serving	
Calories 158	
% Daily Value*	
Calcium	30%
Phosphorus	20%
Riboflavin	20%
Protein	16%
Vitamin A 10%	
Vitamin B-12 13%	
Vitamin D 25%	
Potassium 11%	
Niacin 10%	

LOW FAT CHOCOLATE MILK

Nutrition Facts	
Serving Size – one cup (8 oz)	
Amount Per Serving	
Calories 158	
% Daily Value*	
Total Fat 3g	4%
Total Carbohydrate 26g	9%
3 tsp added sugar (on average)	
Protein 8g	16%
Vitamin A 10% • Vitamin C 3%	
Vitamin D 25% • Calcium 29%	

REGULAR WHITE, LOW FAT MILK

Nutrition Facts	
Serving Size – one cup (8 oz)	
Amount Per Serving	
Calories 100	
% Daily Value*	
Total Fat 2.5g	4%
Total Carbohydrate 12g	4%
2.2 tsp natural sugar	
Protein 8g	16%
Vitamin A 10% • Vitamin C 2%	
Vitamin D 25% • Calcium 30%	

Source: Dairy Council of California

Source: Anderson Erickson

COLA

Nutrition Facts	
Serving Size – one cup (8 oz)	
Amount Per Serving	
Calories 150	
% Daily Value*	
Total Fat 0g	0%
Total Carbohydrate 22g	8%
6 tsp added sugar	
Protein 0g	0%
Vitamin A 0% • Vitamin C 0%	
Vitamin D 0% • Calcium 0%	

Source: Washington State Dairy Council, 2006.
"Think Your Drink!"

DIET COLA

Nutrition Facts	
Serving Size – one cup (8 oz)	
Amount Per Serving	
Calories 0	
% Daily Value*	
Total Fat 0g	0%
Total Carbohydrate 0g	0%
0 tsp added sugar	
Protein 0g	0%
Vitamin A 0% • Vitamin C 0%	
Vitamin D 0% • Calcium 0%	

Source: Washington State Dairy Council, 2006.
"Think Your Drink!"



Milk. A part of everything that's good.