

Milk Helps Make A Body Strong

Each nutrient plays a role that contributes to the health of the human body. Locate the 9 nutrients found in milk and see which area of the body that they directly effect.

1

CALCIUM

Builds and maintains strong bones and teeth

2

POTASSIUM

For muscles and healthy blood pressure

3

PHOSPHORUS

Increases energy and builds strong bones

4

PROTEIN

Builds and repairs muscle and increases energy

5

VITAMIN B₁₂

Builds red blood cells to strengthen lungs, muscles

6

RIBOFLAVIN

Converts food into energy

7

NIACIN

Maintains an active metabolism

8

VITAMIN D

Builds strong bones

9

VITAMIN A

Maintains healthy eyes and skin

Milk's 9 Essential Nutrients and Vitamins at Work

