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