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.



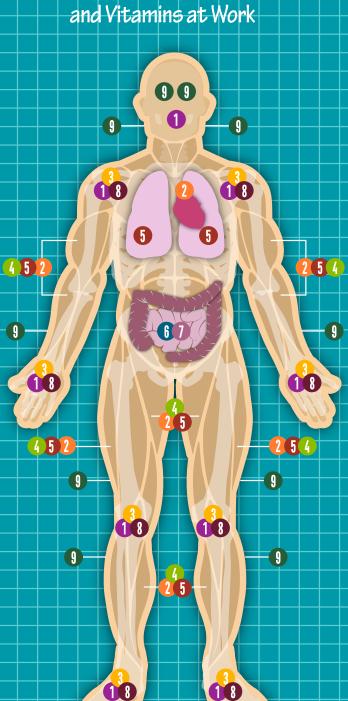
Builds and maintains strong bones and teeth

For muscles and

Builds and repairs muscle and increases energy



Milk's 9 Essential Nutrients and Vitamins at Work





Converts food into energy



Maintains an active metabolism



Builds strong bones



Maintains healthy eyes and skin

