

# Dairy Fun Facts

It takes 17 cups of raw kale  
to get the same amount of  
calcium as three 8 oz  
servings of milk



THE DAIRY  
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# Dairy Fun Facts

Milk helps build strong bones and teeth!



Protein

Calcium





# Dairy Fun Facts

Cows can smell food up to 6 miles away!



# Dairy Fun Facts

October is National

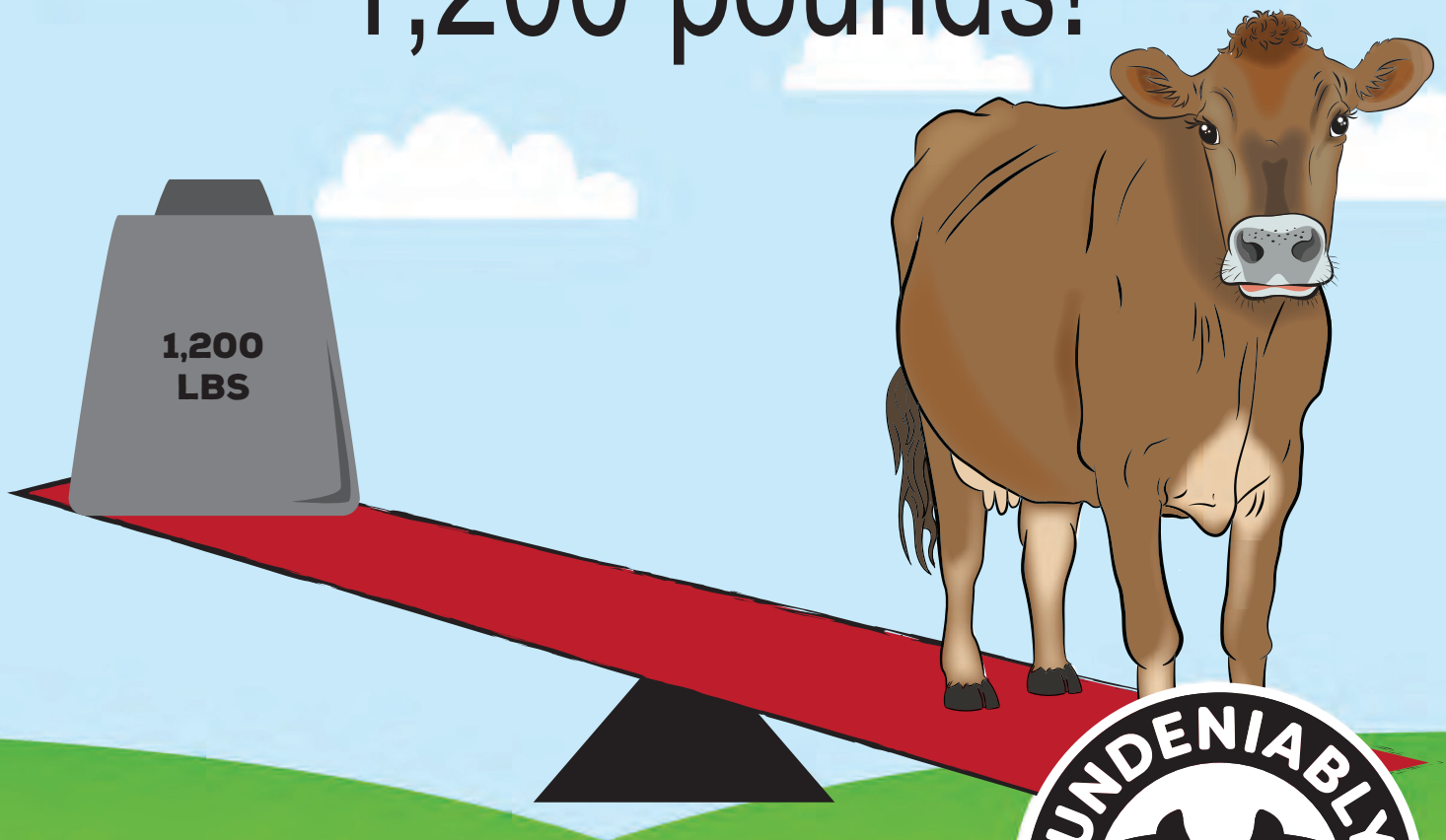
**CHEESE**  
Month

It takes **20** 8-oz glasses of milk  
to make **1** pound of cheese.



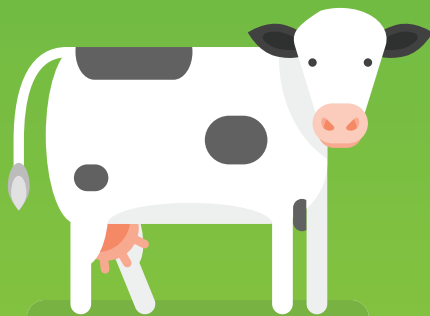
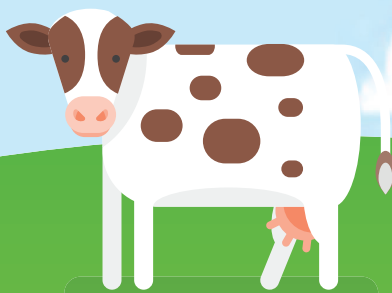
# Dairy Fun Facts

An average dairy cow  
weighs  
1,200 pounds!



# Dairy Fun Facts

No two cows have  
the same spots!





# Dairy Fun Facts

Milk arrives at your school in  
as little as 3 days  
after leaving the farm.



# Dairy Fun Facts

**1 COW**

makes enough milk to  
fill more than

**100 glasses**  
each day!

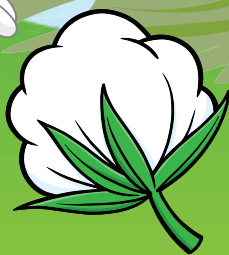




# Dairy Fun Facts

Cows are the **ultimate up-cyclers**: approx. 75% of their diets are made up of things **humans cannot eat**, like citrus pulp, cotton seeds, almond hulls and soybean hulls.

These are used as **nutritious feed for cows**.



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# Dairy Fun Facts

All cow's milk has the same amount of protein, vitamins and minerals.

