DairyGood.org

THE DAIRY ALLIANCE

thedairyalliance.com

COWS UPCYCLE!

Did you know that cows

UPCYCLE?

Upcycling:

Reusing discarded objects in such a way to create a product of higher value than the original.

80%

of what cows eat cannot be eaten by people. Dairy cows have a unique 4-chambered stomach, so they can unlock nutrition from parts of plants people can't or won't eat.

Cows upcycle by eating products such as


•almond hulls

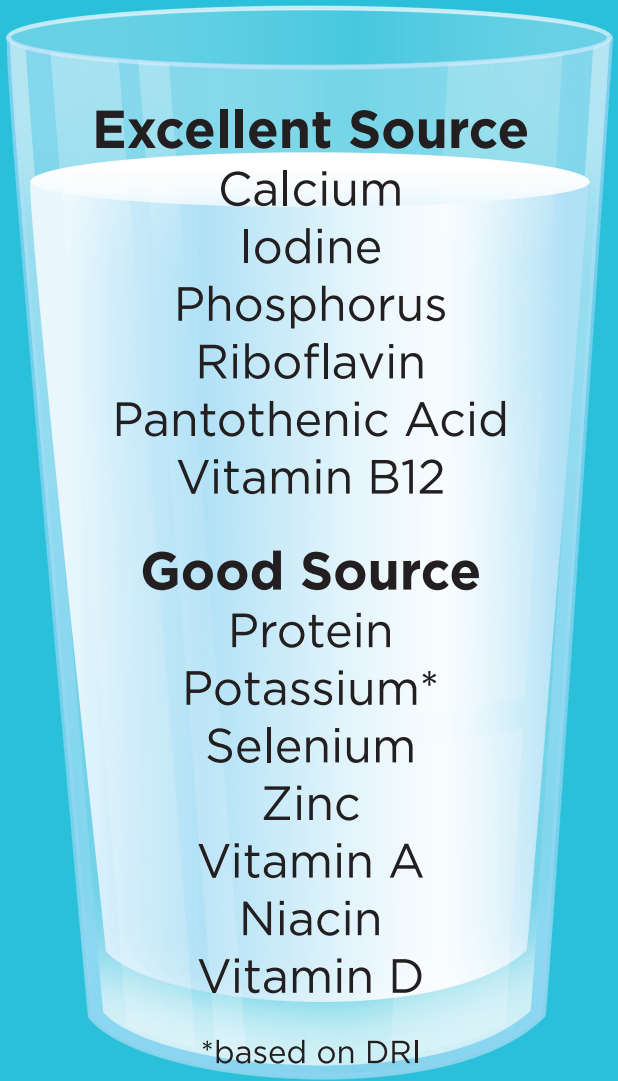

•orange peels


•corn husks


•cottonseed


•spent grains

and turning them into wholesome MILK!


Excellent Source
Calcium
Iodine
Phosphorus
Riboflavin
Pantothenic Acid
Vitamin B12
Good Source
Protein
Potassium*
Selenium
Zinc
Vitamin A
Niacin
Vitamin D
*based on DRI

FARMERS
PRACTICE
SUSTAINABILITY!

Did you know

that farmers practice

SUSTAINABILITY?

Every.

Single.

Day.

Nutrient Recycling:

Nutrients from cow manure are applied to plant-based croplands as a natural fertilizer.

Energy Recycling:

Harnessing wind and solar power helps keep the earth green.

Water Recycling:

1 Gallon of water
can be used as many as
4 times

COWS NOURISH THE WORLD!

Did you know that cows

NOURISH

communities around the world?

Powdered milk produced in the U.S. helps to nourish children and families in

77 countries

around the world!

Cheese produced in the U.S. is enjoyed in meals around the globe —

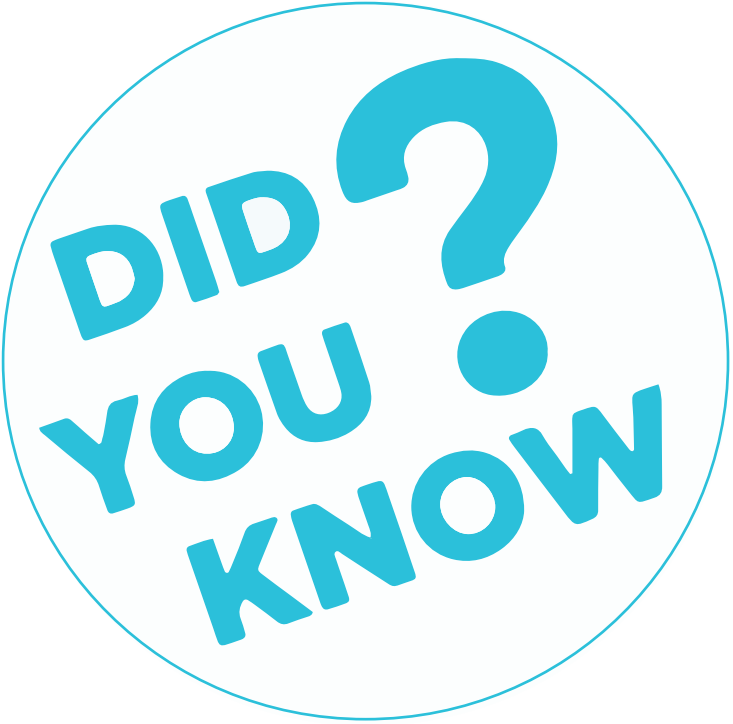
100 countries

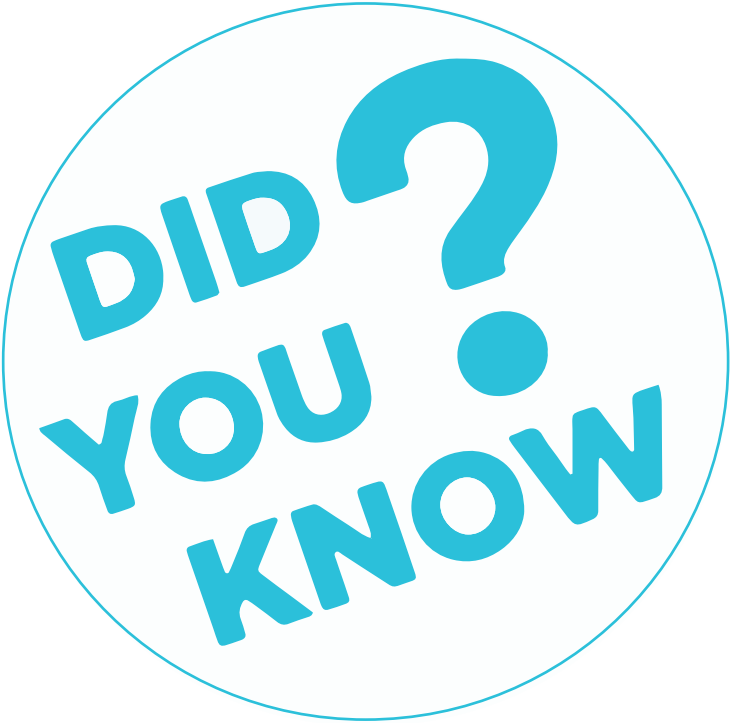
in fact!

MILK and DAIRY foods contain much more than just one nutrient... One serving of MILK contains many of the essential nutrients your body needs,

including:

Calcium and **Vitamin D** to build strong bones and teeth.
Protein, **Zinc**, **Selenium** & **Vitamins A & D** to maintain a healthy immune system.
B Vitamins to convert food into energy.
Iodine linked to cognitive function in childhood.


DID
YOU
KNOW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