



# 13 Ways MILK CAN HELP YOUR BODY

One serving of MILK contains many of the essential nutrients your body needs, including:


**25% DAILY VALUE**

 **CALCIUM**  
Helps build and maintain strong bones and teeth.


**16% DAILY VALUE**

 **PROTEIN**  
Helps build and repair tissue. Helps maintain a healthy immune system.


**15% DAILY VALUE**

 **VITAMIN D**  
Helps build and maintain strong bones and teeth. Helps maintain a healthy immune system.


**20% DAILY VALUE**

 **PHOSPHORUS**  
Helps build and maintain strong bones and teeth, supports tissue growth.


**15% DAILY VALUE**

 **VITAMIN A**  
Helps keep skin and eyes healthy; helps promote growth. Helps maintain a healthy immune system.


**30% DAILY VALUE**

 **RIBOFLAVIN**  
Helps your body use carbohydrates, fats and protein for fuel.


**50% DAILY VALUE**

 **VITAMIN B12**  
Helps with normal blood function, helps keep the nervous system healthy.


**20% DAILY VALUE**

 **PANTOTHENIC ACID**  
Helps your body use carbohydrates, fats and protein for fuel.


**15% DAILY VALUE**

 **NIACIN**  
Used in energy metabolism in the body.


**10% DAILY VALUE**

 **ZINC**  
Helps maintain a healthy immune system, helps support normal growth and development and helps maintain healthy skin.


**10% DAILY VALUE**

 **SELENIUM**  
Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.

**60% DAILY VALUE**

 **IODINE**  
Necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.

**10% DAILY VALUE**

 **POTASSIUM\***  
Helps maintain a healthy blood pressure and supports heart health. Helps regulate body fluid balance and helps maintain normal muscle function.

\*Source: USDA FoodData Central. FDA's Daily Value (DV) for potassium of 4700 mg is based on a 2005 DRI recommendation. In 2019, NASEM updated the DRI to 3400 mg. Based on the 2019 DRI, a serving of milk provides 10% of the DRI. FDA rule-making is needed to update this value for the purpose of food labeling.