

Milk Nutrient - is a - Knockout!

Milk has long been touted for its many nutritional benefits. This is why the farmer-founded National Dairy Council and many leading health organizations endorse its role in the diet.

But, people who look to other options to replace what milk delivers may be forced to pack more into their diet – and grocery cart – than they realize.

Three 8-ounce cups of milk provides as much of each nutrient as:



PROTEIN – 4 hardboiled eggs



CALCIUM – 36½ cups of raw kale
(about 7 bunches)



PHOSPHORUS – 2½ cups kidney beans



POTASSIUM – 3 small bananas



VITAMIN D – 6.6 ounces of sardines
(about 15 sardines)



RIBOFLAVIN – 1 cup of almonds



VITAMIN B12 – 1 pound pork chops, broiled
(about 3, 6-ounce chops)



VITAMIN A – 2 cups of cooked green beans

For more information about dairy nutrition, visit
www.nationaldairyCouncil.org

Source: U.S. Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28. Version Current: September 2015.