For **NUTRITION**, other beverages don’t even come close.

- **FAT FREE MILK**
  - Calcium: 30
  - Vitamin D: 25
  - Phosphorus: 20
  - Riboflavin: 20
  - Protein: 16
  - Vitamin B-12: 13
  - Potassium: 11
  - Vitamin A: 10
  - Niacin: 10
  - Vitamin C: 4
  - Sugar: 12 g
  - Calories: 85
  - Serving Size: 8 ounces

- **FAT FREE Chocolate MILK**
  - Calcium: 30
  - Vitamin D: 25
  - Phosphorus: 20
  - Riboflavin: 20
  - Protein: 16
  - Vitamin B-12: 13
  - Potassium: 11
  - Vitamin A: 10
  - Niacin: 10
  - Vitamin C: 4
  - Sugar: 22 g
  - Calories: 132
  - Serving Size: 8 ounces

- **FRUIT PUNCH**
  - Calcium: 2
  - Vitamin D: 0
  - Phosphorus: 0
  - Riboflavin: 2
  - Protein: 0
  - Vitamin B-12: 0
  - Potassium: 2
  - Vitamin A: 0
  - Niacin: 0
  - Vitamin C: 2
  - Sugar: 26 g
  - Calories: 120
  - Serving Size: 8 ounces

- **SWEETENED Iced Tea**
  - Calcium: 0
  - Vitamin D: 0
  - Phosphorus: 0
  - Riboflavin: 0
  - Protein: 0
  - Vitamin B-12: 0
  - Potassium: 2
  - Vitamin A: 0
  - Niacin: 0
  - Vitamin C: 0
  - Sugar: 32 g
  - Calories: 130
  - Serving Size: 8 ounces

- **COKE**
  - Calcium: 0
  - Vitamin D: 0
  - Phosphorus: 0
  - Riboflavin: 0
  - Protein: 0
  - Vitamin B-12: 0
  - Potassium: 2
  - Vitamin A: 0
  - Niacin: 0
  - Vitamin C: 2
  - Sugar: 22 g
  - Calories: 120
  - Serving Size: 12 ounces

- **Diet COKE**
  - Calcium: 0
  - Vitamin D: 0
  - Phosphorus: 0
  - Riboflavin: 0
  - Protein: 0
  - Vitamin B-12: 0
  - Potassium: 2
  - Vitamin A: 0
  - Niacin: 0
  - Vitamin C: 0
  - Sugar: 0 g
  - Calories: 0
  - Serving Size: 12 ounces

- **ORANGE JUICE**
  - Calcium: 2
  - Vitamin D: 0
  - Phosphorus: 4
  - Riboflavin: 6
  - Protein: 2
  - Vitamin B-12: 0
  - Potassium: 12
  - Vitamin A: 2
  - Niacin: 4
  - Vitamin C: 140
  - Sugar: 21 g
  - Calories: 120
  - Serving Size: 8 ounces

- **WATER**
  - Calcium: 0
  - Vitamin D: 0
  - Phosphorus: 0
  - Riboflavin: 0
  - Protein: 0
  - Vitamin B-12: 0
  - Potassium: 0
  - Vitamin A: 0
  - Niacin: 0
  - Vitamin C: 0
  - Sugar: 0 g
  - Calories: 0
  - Serving Size: 8 ounces

*USDA National Nutrient Database for Standard Reference, Release 24. The sugar and calorie data for fat free white and chocolate milk are representative of milk available in the 2011-2012 school year – MilkPEP School Channel Survey. % Daily Values are based on a 2,000 calorie diet.*
An 8-ounce serving of milk, flavored or not, gives kids as much...

- **Vitamin A** as 3/4 cup of broccoli
- **Phosphorus** as 1 cup of canned kidney beans
- **Calcium** as 10 cups of raw spinach
- **Protein** as 1 1/2 medium eggs
- **Riboflavin** as 1/3 cup of whole almonds
- **Vitamin D** as 3/4 ounce of cooked salmon
- **Protein** as 1 1/2 medium eggs
- **Vitamin B-12** as 3 ounces of turkey
- **Niacin** as 10 cherry tomatoes
- **Calcium** as 300 mg, 30% DV
  - Helps build and maintain strong bones and teeth. It helps reduce the risk of stress fractures and osteoporosis later in life. Plays a role in promoting normal blood pressure.
- **Vitamin D** as 100 IU, 25% DV
  - Helps absorb calcium for healthy bones.
- **Phosphorus** as 245 mg, 20% DV
  - Works with calcium and vitamin D to help keep bones strong.
- **Riboflavin** as 0.46 mg, 20% DV
  - Helps convert food into energy. Plays a vital role in the development of the central nervous system.
- **Protein** as 8 g, 18% DV
  - Helps build and maintain lean muscle. Contains all the essential amino acids (the building blocks for protein).
- **Vitamin B-12** as 1.2 mcg, 13% DV
  - Helps build red blood cells and helps maintain the central nervous system.
- **Potassium** as 370 mg, 11% DV
  - Helps regulate the balance of fluids in the body and plays a role in maintaining a normal blood pressure.
- **Vitamin A** as 490 IU, 10% DV
  - Important for good vision, healthy skin, and a healthy immune system.
- **Niacin** as 2 mg, 10% DV**
  - Helps the body’s enzymes function normally by converting nutrients into energy.

Milk’s nine essential nutrients can help kids and teens grow healthy and strong.

Percent Daily Values reflect current nutrition recommendations for a 2,000 calorie per day diet.
**As niacin equivalents.

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