An 8-ounce serving of milk, white or flavored, gives students as much...

- **Vitamin A** as two hard-boiled eggs
- **Phosphorus** as one cup of kidney beans
- **Riboflavin** as ½ cup of whole almonds
- **Protein** as one baked chicken thigh
- **Calcium** as 10 cups of raw spinach
- **Vitamin D** as ¾ ounce of cooked salmon
- **Potassium** as one small banana

Milk: A Nutrient Powerhouse

*USDA National Nutrient Database for Standard Reference, release 23. Nutrients included are either a good/excellent source in one 8-ounce serving of low-fat milk and low-fat flavored milk, and/or nutrients lacking in Americans’ diets.

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