Sip Smarter with Real Milk

Milk offers many nutrients for pennies per glass. Even with lactose intolerance, it’s possible to enjoy the benefits of real dairy milk and other dairy foods. For additional resources, delicious dairy recipes and more, visit thedairyalliance.com

PROTEIN
Helps build and repair muscle tissue.

CALCIUM
Helps build and maintain strong bones and teeth.

VITAMIN B₁₂
Helps provide fuel to muscles.

RIBOFLAVIN
Helps convert food into energy.

POTASSIUM
Helps regulate blood pressure, muscle contractions and nerve signaling.

PHOSPHORUS
Works with calcium and vitamin D to help keep bones strong.

VITAMIN D
Helps absorb calcium for healthy bones.

VITAMIN A
Helps fight infections, keeps skin and eyes healthy.

NIACIN
Important for the normal function of many enzymes in the body.

Nourish your Body with a Delicious Dairy Smoothie:

Step 1: Choose at least 1 dairy item and fruit item. Add to a blender. Add extras to suit your taste.

Step 2: Mix ingredients in the blender until smooth. Add extra milk if you prefer a thinner consistency.

Step 3: Pour into a glass and enjoy!

Real Dairy (1 cup)
Milk or yogurt.

Fruit (1/2 - 1 cup)
Any variety of fresh or frozen.

Extra Mix-Ins
Nuts, avocados, spinach etc.