Dairy Fun Facts

It takes 17 cups of raw kale to get the same amount of calcium as three 8 oz servings of milk.
Dairy Fun Facts

Milk helps build strong bones and teeth!

Protein

Calcium
Dairy Fun Facts

Cows can smell food up to 6 miles away!
October is National Cheese Month

It takes 20 8-oz glasses of milk to make 1 pound of cheese.

THE DAIRY ALLIANCE
thedairyalliance.com
Dairy Fun Facts

An average dairy cow weighs 1,200 pounds!
Dairy Fun Facts

No two cows have the same spots!
Milk arrives at your school in as little as 3 days after leaving the farm.
1 cow makes enough milk to fill more than 100 glasses each day!
Dairy Fun Facts

Cows are the **ultimate up-cyclers**: approx. 75% of their diets are made up of things **humans cannot eat**, like citrus pulp, cotton seeds, almond hulls and soybean hulls.

These are used as nutritious feed for cows.

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Dairy Fun Facts

All cow’s milk has the same amount of protein, vitamins and minerals.

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