

Nutritional Benefits of Milk

The human body needs a variety of nutrients to function properly, maintain health, and prevent disease.

Many people consume a large amount of calories, but too few nutrients. This is because many choose foods that are not dense in nutrients. When choosing nutrient rich foods, you should select foods which offer significant quantities of minerals and vitamins, and relatively few calories. Low-fat and fat-free milk, cheese, and yogurt are considered nutrient-rich foods and should be chosen to compliment nutrient-rich foods from the other food groups.

Taking the time for three, eight-ounce servings of milk and dairy products every day, is a great way to establish healthy eating habits and provide the body with essential vitamins and minerals.

I. MILK

- a. Milk is packed with nutrients. Study this chart to determine approximately what percentages of vital nutrients three, eight-ounce daily servings of milk deliver to the body:

Nutrition Facts			
Serving size – three cups (24 oz)			
		% Daily Value	
Calcium	30%	Vitamin A	10%
Phosphorus	20%	Vitamin B-12	13%
Riboflavin	20%	Vitamin D	25%
Protein	16%	Potassium	11%
		Niacin	10%

- b. Each nutrient assists the body in different ways:

1. **Calcium** – Helps build strong bones and teeth, and reduces the risk of stress fractures and osteoporosis. It plays a role in promoting normal blood pressure
2. **Vitamin D** – New and emerging research reveals that Vitamin D, nicknamed the "Sunshine Vitamin," may help support a healthy heart, normal blood pressure, healthy aging, and help regulate the immune system
3. **Phosphorus** – Works with calcium and Vitamin D to help keep bones strong
4. **Riboflavin** – Helps convert food into energy, and plays a vital role in the development of the nervous system
5. **Protein** – Helps build and maintain lean muscle. The high-quality protein in milk contains all the essential amino acids (the building blocks for protein)
6. **Vitamin B-12** – Works closely with folate to make red blood cells and helps maintain the central nervous system
7. **Potassium** – Helps regulate the balance of fluids in your body and assists in maintaining normal blood pressure
8. **Vitamin A** – Supports good vision, healthy skin, and maintains the integrity of your immune system
9. **Niacin** – Helps enzymes to function normally in your body



Milk. A part of everything that's good.