

Milk supplies calcium and other nutrients to help you stay healthy. Drink 3 to 4 glasses every day for a strong and hard-working body.



VITAMIN A:
Assists with normal vision

CALCIUM:
Builds strong bones and teeth

PROTEIN:
Grows and builds muscles and other tissues

PHOSPHOROUS:
Generates energy in cells and strengthens bones

POTASSIUM:
Helps your muscles move and contract and keeps blood pressure in balance

WATER:
Maintains body temperature and carries nutrients and oxygen to cells

VITAMIN D:
Absorbs and deposits calcium and phosphorous in your bones and teeth

NIACIN AND RIBOFLAVIN:
Help cells produce energy

VITAMIN B-12:
Produces red blood cells

CARBOHYDRATES:
Produce energy to fuel your muscles

