



# COW FEED PYRAMID

## DID YOU KNOW

that dairy cows – like humans – have a food guide pyramid? Our bodies work best when our diets include the various food groups, such as dairy, fruits, vegetables, meat and grains. Cows need a balanced diet to keep their bodies healthy, too. In order to make milk, dairy cows need to eat sources of protein, energy and fiber. Their bodies convert these foods (called “feed”) into the delicious and nutritious milk that helps you grow big and strong.

Dairy farmers use many byproducts from other agriculture industries that otherwise would go to waste because they cannot be consumed by humans. For example, Florida leads the nation in orange juice production. Dairy farmers use the peels and pulp from this process as feed and the cows simply love the taste. Farmers also recycle cow manure so that gardeners and other farmers can use it as fertilizer to help their plants grow.

Can you help Farmer Fred fill his feed buckets? Below are the main items that Fred feeds his cows. Look at the clues and see if you can put the name of each cow feed on the correct bucket. Fred’s feed choices are:

- SOYBEAN MEAL**
- WHOLE COTTONSEED**
- CITRUS PULP**
- WHOLE SHELL CORN**
- HOMINY**
- WHEAT MIDLINGS**
- COTTONSEED HULLS**
- DISTILLERS GRAINS**

