

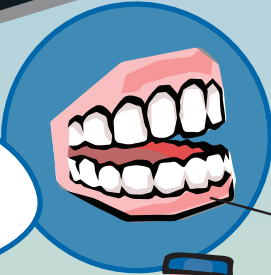


UF UNIVERSITY of FLORIDA
IFAS Extension

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



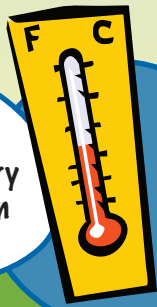
CALCIUM
to build strong bones and teeth



PHOSPHORUS
to generate energy in cells and strengthen bones



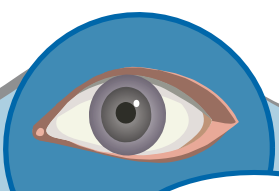
WATER
to maintain body temperature and carry nutrients and oxygen to cells



NIACIN and RIBOFLAVIN
to help cells produce energy

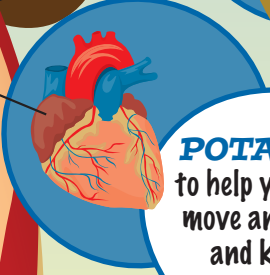


CARBOHYDRATE
to produce energy to fuel your muscles

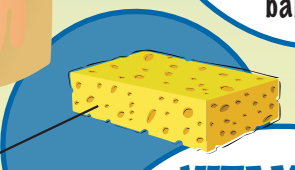


VITAMIN A
to assist with normal vision

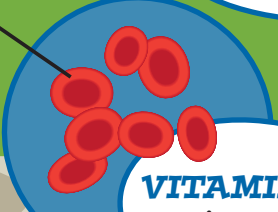
PROTEIN
to grow and build muscles and other tissues



POTASSIUM
to help your muscles move and contract and keep blood pressure in balance



VITAMIN D
to absorb and deposit calcium and phosphorus in your bones and teeth



VITAMIN B-12
to produce red blood cells