MILK: MORE THAN A MUSTACHE

CALCIUM: builds strong bones and teeth

PHOSPHOROUS: supports healthy tissue growth and strengthens bones

PANTOTHENIC ACID: converts carbohydrates, protein and fats to fuel

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

NIACIN AND RIBOFLAVIN: helps cells produce energy

CARBOHYDRATES: produce energy to fuel your muscles

NIACIN AND RIBOFLAVIN: helps cells produce energy

VITAMIN A: assists with normal vision, healthy skin and immune system

PROTEIN: rebuild, maintain and repair muscles and other tissues

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

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

VITAMIN B-12: builds red blood cells and maintains the nervous system

WHAT’S A SERVING OF DAIRY?

- 8 oz milk
- 1-1/2 oz natural cheese
- 8 oz yogurt

3 SERVINGS OF DAIRY A DAY FOR HEALTHY