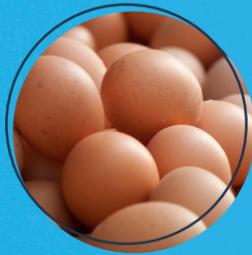


THEY'RE CALLED ESSENTIAL FOR A REASON.

Milk's nine essential nutrients can help kids and teens grow healthy and strong.

Protein as 1½ medium eggs



Riboflavin as ⅓ cup of whole almonds



Potassium as one small banana



Vitamin A as ¾ cup of broccoli



Niacin as 20 cherry tomatoes



AN 8-OUNCE SERVING OF MILK, FLAVORED OR NOT, GIVES KIDS AS MUCH...

Vitamin D as ¾ ounce of cooked salmon



Calcium as 10 cups of raw spinach



Vitamin B-12 as 4 ounces of cooked turkey



Phosphorus as 1 cup of canned kidney beans



THE 9 ESSENTIAL NUTRIENTS