They’re called essential for a reason.

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

- **Potassium** as one small banana
- **Riboflavin** as ⅓ cup of whole almonds
- **Protein** as 1½ medium eggs
- **Niacin** as 20 cherry tomatoes
- **Vitamin A** as ¾ cup of broccoli
- **Calcium** as 10 cups of raw spinach
- **Vitamin D** as ¾ ounce of cooked salmon
- **Vitamin B-12** as 4 ounces of cooked turkey
- **Phosphorus** as 1 cup of canned kidney beans

*USDA National Nutrient Database for Standard Reference, Release 27*