

Active Living...

Make Milk a Part of It!

Make milk a part of your day... **everyday!**

Milk has 15 nutrients that help build a better body. Here are some of them...

Protein

Builds and repairs body tissues.

Calcium

Builds strong bones and teeth.

Vitamin A

Promotes good night vision. Maintains the health of skin and membranes, increasing resistance to infection.

Vitamin B₁₂

Helps red blood cell formation.

Vitamin D

Helps the body use calcium necessary for strong bones and teeth.

Riboflavin

Maintains healthy skin, eyes and nerves.



Compare these drinks to the goodness of milk...

NUTRIENT	White Milk 250ml		Chocolate Milk 250ml		100% Juice 250ml	Fruit Drink 250ml	Pop 355ml	Sports Drink 591ml	Water 500ml
	1%	2%	1%	2%					
Calcium	30%	30%	30%	27%	0%	0%	0%	0%	0%
Vitamin D	45%	45%	40%	40%	0%	0%	0%	0%	0%
Vitamin A	10%	10%	10%	10%	0%	0%	0%	0%	0%
Vitamin C	4%	4%	4%	4%	>200%	100%	0%	0%	0%
Protein	12%	12%	11%	11%	0%	0%	0%	0%	0%
Fat	4%	8%	4%	8%	0%	0%	0%	0%	0%
Carbohydrate	4%	4%	9%	9%	7%	11%	13%	19%	0%
Calories	110	130	170	180	120	128	154	128	0

% daily values are based on recommended daily intakes for people consuming an average of 2000 calories per day.

We all need plenty of liquids each day, make those liquids count!

By including 3 to 4 servings of milk products daily we get vitamins, minerals and other nutrients we need for healthy bodies.