



# 13 Essential Nutrients in Every Cup of Milk

Every glass of **real milk** gives you high-quality protein — with all 9 essential amino acids — plus 12 other essential nutrients, including natural calcium. No matter what brand or type of real milk, the nutrients stay the same. Alternative beverages vary in nutrient quality and quantity from one brand to the next, with no guarantee of which vitamins or minerals may be present. **Milk is consistent every time.**



Per 8 oz. Serving	Low-Fat Milk	Lactose-Free Milk	Plain Soy Beverage	Plain Almond Beverage	Plain Oat Beverage
Calories	106	105	94	37	118
Total Fat	2g	2g	5g	3g	7g
Protein	8g	8g	9g	1g	2g
Total Carbohydrates	13g	13g	3g	1g	13g
Added Sugar	No	No	No	No	No
Calcium (DV)	25% Natural	25% Natural	20% Added	30% Added	30% Added
Ingredients	Low-fat milk, vitamin A palmitate, vitamin D	Low-fat milk, lactase enzyme, vitamin A palmitate, vitamin D	Filtered water, soybeans, vitamin and mineral blend (tricalcium phosphate, calcium carbonate, vitamin A palmitate, vitamin D, riboflavin [B2], vitamin B12), sea salt, natural flavor, gellan gum	Water, almonds, calcium carbonate, dipotassium phosphate, sea salt, gellan gum, sunflower lecithin, natural flavors, xanthan gum, vitamin A palmitate, vitamin D, D-alpha-tocopherol (vitamin E)	Water, oats, rapeseed oil, dipotassium phosphate, calcium carbonate, tricalcium phosphate, sea salt, dicalcium phosphate, riboflavin, vitamin A, vitamin D, vitamin B12



## Milk Essentials

- Dairy foods like milk help build the foundation of a healthy, balanced approach to eating. Healthy eating patterns, which include low-fat and fat-free dairy foods, are associated with a lower risk of cardiovascular disease, type 2 diabetes, and obesity.
- No matter the flavor or variety, real milk offers 13 essential nutrients in every serving. Look to milk for high-quality protein to build muscle, calcium and vitamin D to strengthen bones, potassium to support heart health, and B vitamins to provide energy.
- Aim for three servings of low-fat or fat-free milk, cheese, or yogurt every day. Try this strawberry banana smoothie to get one of your servings today!



## Strawberry Banana Smoothie

**Prep Time: 10 minutes**  
**Yield: 2 servings**

### Ingredients:

- 1 1/2 cups milk
- 1/2 cup strawberry yogurt
- 1 frozen banana, sliced
- 1 cup frozen unsweetened strawberries, sliced
- 2 cups baby spinach, loosely packed
- 2 tsp. honey or sweetener of choice (optional)

### Directions:

- Add milk, yogurt, banana, strawberries, spinach, and honey to blender and blend until smooth.
- Divide the smoothie between two glasses and serve immediately.

## Facts About Milk

### 1. It's a top source of calcium:

Dairy foods like milk naturally contain calcium in a form that's easy for the body to absorb. It's harder for your body to use calcium from non-dairy foods like alternative beverages.

### 2. There are options for lactose intolerance:

If you're sensitive to lactose, the natural sugar in dairy foods, you have options. Switch to lactose-free milk, try yogurt with live and active cultures, or take an over-the-counter lactase enzyme just before enjoying dairy.

### 3. It's antibiotic-free:

Milk is always tested on the farm and at the processing plant. Any milk that tests positive for antibiotics is immediately discarded and does not enter the food supply.

