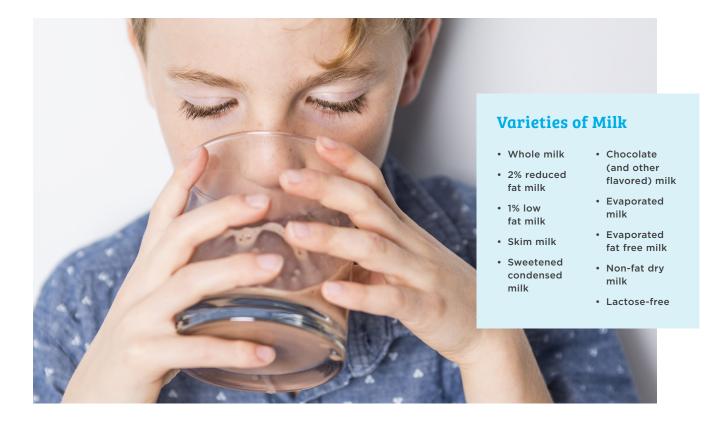
A Look at the Nutrition of Milk



THeNutritionEducationPeople



A catch-all recovery drink

Chocolate milk is an ideal recovery beverage following exercise. Its ratio of carbohydrates to protein helps prevent muscle soreness and repair muscles.

Nutritional Profiles of Fluid Milk Varieties

| Per 1 cup (8oz) | WHOLE | 2% REDUCED FAT | 1% LOW FAT | NON-FAT | WHOLE CHOCOLATE | 1% LOW FAT CHOCOLATE |
|--------------------|-------|----------------|------------|---------|-----------------|----------------------|
| Calories | 149 | 122 | 102 | 83 | 208 | 157 |
| Fat | 8g | 5g | 2.5g | Og | 8.5g | 2.3g |
| Protein | 8g | 8g | 8g | 8g | 8g | 8g |
| Calcium | 276mg | 293mg | 305mg | 299mg | 272mg | 286mg |

Milk has 9 Essential Nutrients

| Nutrients in milk | BENEFITS | 1 SERVING IS EQUIVALENT TO |
|----------------------|--|---------------------------------|
| Calcium | Builds and maintains strong bones and teeth; reduces the risk of stress fractures and osteoporosis; promotes normal blood pressure | 10 cups of raw spinach |
| Protein | Builds and maintains lean muscle | 1.5 medium eggs |
| Phosphorus | Works with calcium and vitamin D to keep bones strong | 1 cup of canned kidney beans |
| Vitamin A | Important for good vision, healthy skin, and a healthy immune system | 3/4 cup of broccoli |
| Vitamin B-12 | Builds red blood cells; maintains the central nervous system | 3 ounces of turkey |
| Vitamin D | Helps absorb calcium for healthy bones | 3/4 ounce of cooked salmon |
| Riboflavin | Converts food into energy; plays a role in the development of the central nervous system | 1/3 cup of almonds |
| Potassium | Balances fluids; maintains normal blood pressure | 1 small banana |
| Niacin | Converts nutrients into energy | 10 cherry tomatoes |



Milk: Myth vs. Fact

- ${f M}~\mid$ It is easy to get enough calcium without dairy foods like milk.
- F Dairy foods are the top source of calcium for Americans.
- M People who are sensitive to lactose should avoid milk.
- $F \quad \mid \ \ Lactose-free milk is real milk and provides the same nutrients.$
- M Milk alternatives have the same nutrients as milk.
- F | Milk alternatives have to be fortified to meet dairy's natural nutrient package. Fortified nutrients can settle at the bottom of the container, lowering the nutrient content you actually consume.
- M Organic milk is healthier than regular milk.
- F | Science does not show that organic dairy foods are healthier than regular dairy foods, and organic and regular milks contain the same amounts of vitamins, minerals, and protein.