

# MILK: NUTRIENT POWER HOUSE



\* **Vitamin A** as 2  
hard boiled eggs



\* **Riboflavin** as 1/3  
cup of whole  
almonds



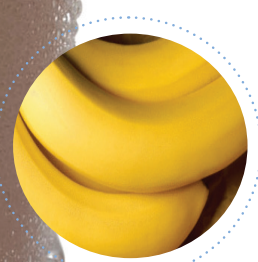
\* **Phosphorus** as  
1 cup of kidney  
beans



\* **Vitamin D** as 3/4  
ounce of cooked  
salmon



\* **Calcium** as 10 cups  
of raw spinach



\* **Potassium** as one  
small banana

An 8-ounce  
serving of milk,  
flavored or not,  
gives kids  
as much ...



USDA National Nutrient Database for Standard Reference, Release 23

Nutrients included are either a good/excellent source in one 8-ounce serving of lowfat milk and lowfat flavored milk, and/or nutrients lacking in America's diets.

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**MilkPEP**  
Milk Processor Education Program