MILK NUTRIENTS ARE A KNOCKOUT !!  
​7/24/17  
  
Milk has long been known for its many nutritional values. This is why the farmer funded "National Dairy Council" and other leading health organizations have endowed its role in the american diet.  
  
However, people who look for other options to replace what nutrients milk supplies may be forced to pack more into their diets -- and load more in the grocery cart -- than they realize. The definition of milk being the animal based fluid produced by cows, not a plant or nut based milk.  
  
Did you know -- Three 8-ounce glasses of milk provides as much of each nutrient as:  
Protein -- four hard boiled eggs  
Calcium -- 36 1/2 cups of raw kale  
Phosphorus -- 2 1/2 cups of kidney beans  
Potassium -- 3 small bananas  
Vitamin D -- 6.6 ounces of sardines  
Riboflavin -- 1 cup of almonds  
Vitamin B12 -- 1 pound of pork chops, broiled  
Vitamin A -- 2 cups of cooked green beans  
  
Dairy is the milk for your cereal, the cheese on your pizza, the yogurt in your morning smoothie. Dairy foods are part of all those things you like to eat. Packed with protein, carbohydrates, dairy foods are the nutrient-rich powerhouse that fuels the body and nourishes the mind.  
  
Source:  
Progressive Dairyman, June 2017  
United States Department of Agriculture  
  
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