

Milk



MATTERS

Calcium

Builds and keeps bones and teeth strong

Vitamin D

Helps absorb calcium for healthy bones

Riboflavin

Turns food into energy

Phosphorus

Helps keep bones strong

Protein

Builds and keeps lean muscle

Potassium

Controls fluid balance and blood pressure

Vitamin A

Promotes good vision and healthy skin

Vitamin B12

Helps red blood cells

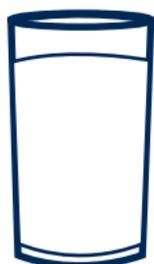
Niacin

Turns food into energy

MidwestDairy.com

The True Difference

SKIM MILK



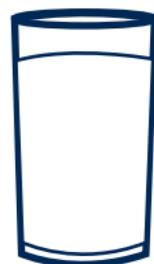
FAT	PROTEIN	CALORIES
0g	8g	80cal



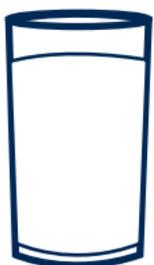
1% MILK

FAT	PROTEIN	CALORIES
2.5g	8g	100cal

2% MILK



FAT	PROTEIN	CALORIES
5g	8g	120cal



WHOLE MILK

FAT	PROTEIN	CALORIES
8g	8g	150cal