



Milk provides a person with more nutrients than any other beverage.

Milk provides the body with 9 essential vitamins and minerals, including:

- > **Calcium:** Helps to build and keep strong bones.
- > **Protein:** Aids in brain development and body tissue growth.
- > **Vitamin A:** Helps in maintaining vision, skin, and a healthy immune system. It also aids in regulating cell growth.
- > **Vitamin B-12:** Vital in growth and health of nervous system and helps in blood formation.
- > **Vitamin D:** Aids in the absorption of calcium and phosphorous, and helps in strengthening bones.
- > **Potassium:** Helps to regulate fluid balance and blood pressure, and aids in muscle activity.
- > **Phosphorous:** Aids in energy generation in the body's cells, and also helps with strengthening of bones.
- > **Niacin:** Aids in normal enzyme function, and the processing of sugars and fatty acids. Niacin is also important in development of the nervous system.
- > **Riboflavin:** Aids in producing energy in the body's cells, and is also important in the development of the nervous system.

did you know?

- > Nine out of 10 women and 7 out of 10 men do not achieve the current calcium guidelines
- > About 75 percent of Americans do not get enough calcium
- > Milk is the leading source of calcium in the American diet
- > One 8oz. glass of milk provides almost 30 percent of the Daily Value of calcium
- > Low fat and fat free milk have the same nutritional value as whole milk with less fat
- > Milk contains nine essential vitamins and minerals: Vitamins A, D, riboflavin (B2), & B12, Calcium, Protein, Potassium, Niacin, Phosphorous
- > If incorporated as part of a low fat diet, milk may help reduce the risk of hypertension



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Nutrition Information Per 1 Cup	Whole Milk	Skim Milk	2% Milk	1% Milk
Calories	150	86	121	102
Total Fat (g)	8.1	.4	4.7	2.6
Saturated Fat (g)	5.1	.3	2.9	1.6
Monounsaturated Fat (g)	2.4	.1	1.4	.7
Polyunsaturated Fat (g)	.3	0	.2	.1
Dietary Fiber (g)	0	0	0	0
Protein (g)	8	8.4	8.1	8
Carbohydrate (g)	11.4	11.9	11.7	11.7
Cholesterol (mg)	33	4	18	10
Sodium (mg)	120	126	122	123
Potassium (mg)	370	406	377	381
Vitamin A (RE)	76	149	139	144
Vitamin D (IU)	100	100	100	100
Vitamin B12 (mcg)	.87	.93	.89	.90
Riboflavin (mg)	.4	.34	.40	.41
Calcium (mg)	291	302	297	300
Phosphorous (mg)	228	247	232	235

* Pennington, Jean A.T., PhD, Rd. Bowes & Church's: Food Values of Portions Commonly Used. Lippincott Publishing: Pennsylvania, NY, 1998.



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Put your tastebuds to the test...



Take the
milk
CHALLENGE

Can you tell the difference between
Skim, 1%, 2% and Whole Milk?

WakeMed 

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