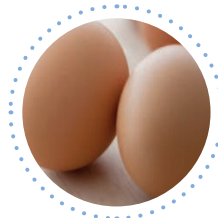


# THEY'RE CALLED **ESSENTIAL** FOR A REASON.



\* **Potassium** as  
one small banana



\* **Protein** as  
1 1/2 medium eggs



\* **Vitamin A** as  
3/4 cup of broccoli



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



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



\* **Niacin** as  
10 cherry tomatoes



\* **Vitamin B-12** as  
3 ounces of turkey



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



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

*Milk's nine essential nutrients can help kids and teens grow healthy and strong.*

- 1 Calcium** 300 mg, 30% DV  
Helps build and maintain strong bones and teeth. It helps reduce the risk of stress fractures and osteoporosis later in life. Plays a role in promoting normal blood pressure.
- 2 Vitamin D** 100 IU, 25% DV  
Helps absorb calcium for healthy bones.
- 3 Phosphorus** 245 mg, 20% DV  
Works with calcium and vitamin D to help keep bones strong.

- 4 Riboflavin** 0.46 mg, 20% DV  
Helps convert food into energy. Plays a vital role in the development of the central nervous system.
- 5 Protein** 8 g, 16% DV  
Helps build and maintain lean muscle. Contains all the essential amino acids (the building blocks for protein).
- 6 Vitamin B-12** 1.2 mcg, 13% DV  
Helps build red blood cells and helps maintain the central nervous system.

- 7 Potassium** 370 mg, 11% DV  
Helps regulate the balance of fluids in the body and plays a role in maintaining a normal blood pressure.
- 8 Vitamin A** 490 IU, 10% DV  
Important for good vision, healthy skin, and a healthy immune system.
- 9 Niacin** 2 mg, 10% DV\*\*  
Helps the body's enzymes function normally by converting nutrients into energy.

USDA National Nutrient Database for Standard Reference, Release 25.  
Percent Daily Values reflect current nutrition recommendations for a 2,000 calorie per day diet.  
\*\*As niacin equivalents.