

FARM to YOU

Dairy Nutrition Facts

Nutrient	Definition
B-12	A vitamin that helps the body perform essential functions like blood and energy production. One 8-ounce glass of whole milk: 1.1 µg
Calcium	A mineral necessary for the health of bones, teeth, and other body tissues. It is the most common mineral in the body. One 8-ounce glass of whole milk: 305mg
Magnesium	A mineral that supports bone health, muscle and nerve function, and blood sugar regulation. One 8-ounce glass of whole milk: 27 mg
Phosphorous	An essential mineral vital for many bodily functions such as bone and teeth production, energy production, and cell structure. One 8-ounce glass of whole milk: 205 mg
Potassium	A mineral essential for proper body function, including regulating blood pressure and muscle contraction. One 8-ounce glass of whole milk: 336 mg
Protein	A molecule crucial for energy and growth in the human body. One 8-ounce glass of whole milk: 8 g
Vitamin A	A nutrient needed in small amounts for functions like vision, bone growth, and immune system health. One 8-ounce glass of whole milk: 78 mcg
Zinc	A mineral essential for supporting the immune system, wound healing, and growth development. One 8-ounce glass of whole milk: 0.98 mg