

# Dairy Facts

## Cows as Milk Producers

All cows are females. Like humans, they cannot produce milk until they give birth.

Cows usually have their first calf at 2 years of age.

Cows are milked for 10 months after giving birth.

Cows are “dried off” (stop producing milk) for about two months until their next calf is born. This allows their bodies to prepare for delivery & lactation.

Most cows are milked for 4-6 years.

A well-fed, healthy dairy cow produces an average of:

- 25 pounds (45 cups) of milk in one milking
- 50 pounds (90 cups) of milk per day
- 15,000 pounds (28,000 cups) of milk per year
- 107,000 pounds (200,000 cups) of milk in her lifetime!

87.5% of milk is made up of water! In fact 4.5 pounds of water is required to produce 1 pound of milk!

Cows produce 90% of the world's milk supply.

About 500 gallons of blood needs to pass through the udder to produce 1 gallon of milk.