Dairy

OKLAHOMA AG IN THE CLASSROOM

The Power of a Glass of Milk



Calcium
Builds strong bones and teeth

Protein
Supports muscle growth and repair

Vitamin D
Helps your body absorb calcium

Vitamin B12
Supports energy and brain function

Potassium
Helps maintain healthy blood pressure

Dairy Cattle Breeds

Holstein

- Originated in Europe, brought to U.S. by Dutch settlers.
- Known for highest milk productions of all breeds.

Jersey

- Originated on the island of Jersey, near France.
- Produces more butterfat in their milk than other breeds.

SOUTHWEST DAIRY FARMERS™

DairyMAX

Did You Know?

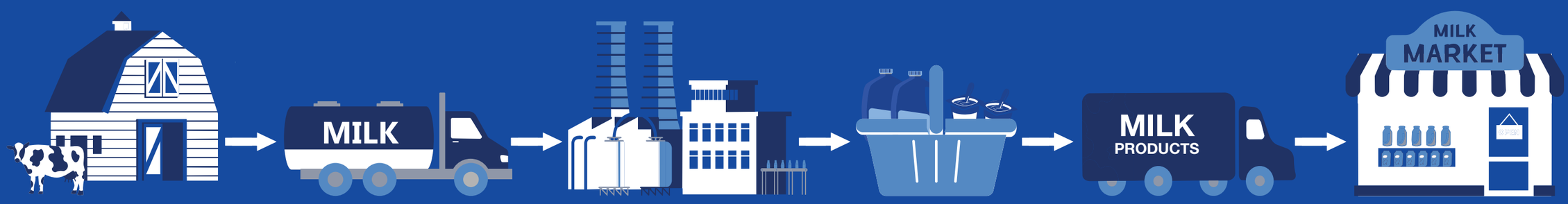
- Oklahoma dairy farms produce about 690 million pounds of milk every year.
- An 8 ounce serving of 2% chocolate milk contains 7 grams of protein.
- One Holstein cow can produce 75–80 pounds of milk per day.
- It takes 4-5 pounds of feed to produce 1 gallon of milk.

Dairy Products



Butter, Cheese, Milk, Ice Cream

From the Farm to Your Table



Milking at Farm → Milk Transport → Processing Plant → Packaging → Shipping → Grocery Store