

Does

# CHOCOLATE MILK

Come from Brown Cows?



**Milk** comes from dairy cows. There are seven recognized dairy breeds in the US and they are a variety of colors. They are black and white, light golden brown, reddish brown and white, and gray brown cows. The most popular breed is *Holstein* (black and white). They are known for producing more milk than other breeds. **But all cows produce white milk!**

**Chocolate milk** is made by adding chocolate to white milk. It has the same nine essential nutrients your body needs as white milk. *Calcium* builds and maintains strong bones; *Vitamin D* helps your body absorb calcium, *Riboflavin* and *Niacin* convert food into energy; *Phosphorus* helps keep bones strong; *Protein* builds and maintains lean muscle; *Potassium* regulates fluid balance and blood pressure; *Vitamin A* promotes good vision and healthy skin; and *Vitamin B12* helps red blood cells.

Did you know **chocolate milk's** combination of fluids, carbs, and protein helps rehydrate and refuel your muscles after a workout?

The USDA and Dietary Guidelines for Americans recommends that kids eat (or drink) **3 servings of dairy** per day.



When milk leaves a cow, it is **101°**. Farmers store milk in a bulk tank that cools it to **40°**. Cooling milk stops bacteria from growing.



The average American consumes almost **25 gallons** of milk a year!



Cows are milked **2-3** times per day.



The average dairy cow produces **8 gallons** of milk daily. That's more than **100 glasses!**

**Jerseys** are fawn colored cows known for their calving ease and higher butterfat content in milk.



Milk was named Oklahoma's state drink in **2002**.



Milk arrives at your grocery store within **48 hours** of leaving the farm.

# Dairy Crossword Puzzle

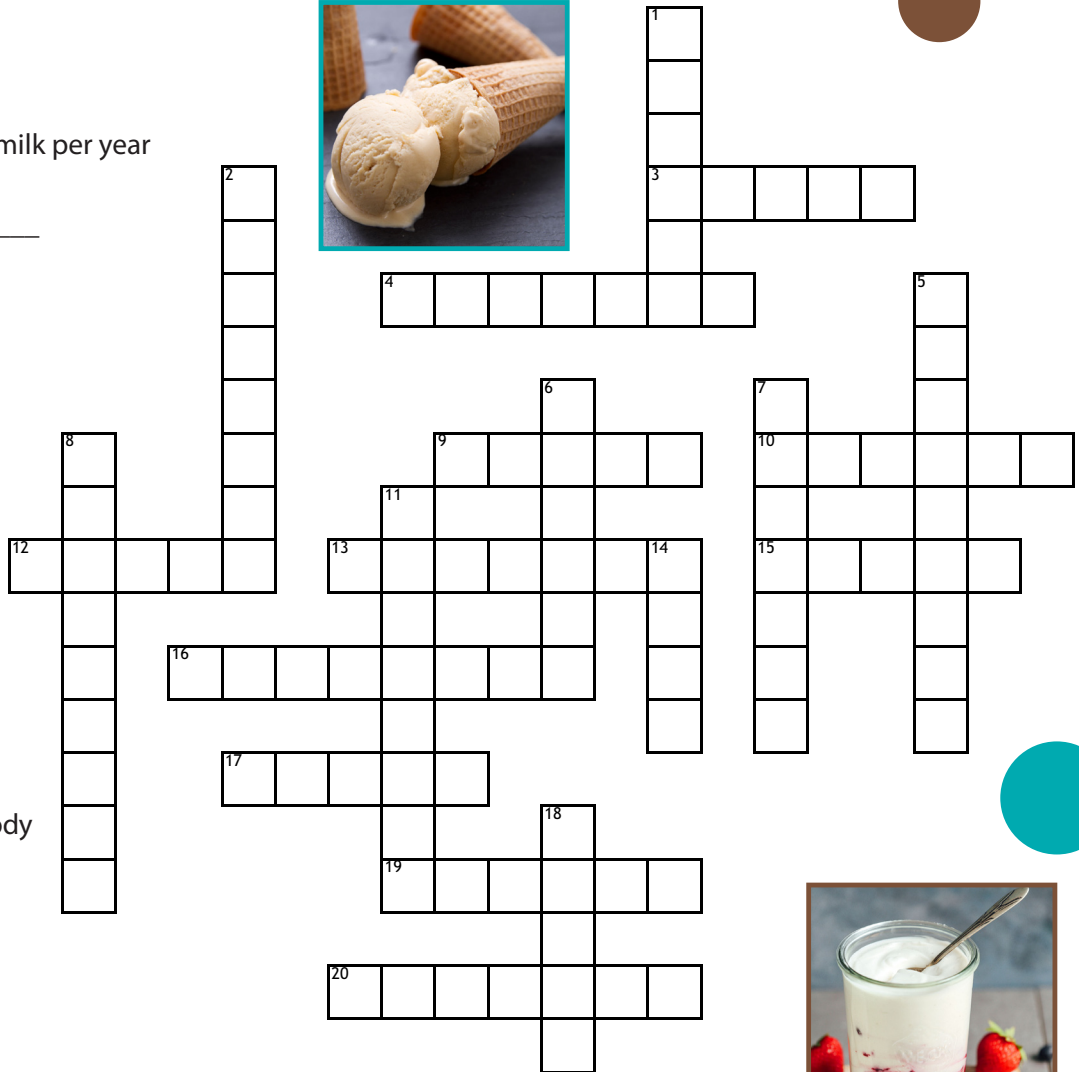


## Across

3. Vitamin B12 helps blood \_\_\_\_
4. Americans consume 25 \_\_\_\_ of milk per year
9. Cows produce \_\_\_\_ milk
10. Riboflavin converts food into \_\_\_\_
12. Eat \_\_\_\_ servings dairy daily
13. \_\_\_\_ builds strong bones
15. # of dairy breeds in the US
16. Most popular dairy breed
17. 48 \_\_\_\_ from farm to store
19. Vitamin D helps \_\_\_\_ calcium
20. \_\_\_\_ builds muscle

## Down

1. \_\_\_\_ converts food into energy
2. Potassium regulates blood \_\_\_\_
5. Nine essential \_\_\_\_ in milk
6. Vitamin A promotes \_\_\_\_
7. These cows are fawn colored
8. Chocolate milk helps \_\_\_\_ the body
11. Cooling milk stops \_\_\_\_
14. Oklahoma's state drink
18. Phosphorus keeps \_\_\_\_ strong



**Match the clues with the nine essential nutrients found in milk.**

1. Helps red blood cells
2. Builds and maintains strong bones
3. Helps keep bones strong
4. Converts food into energy
5. Builds and maintains lean muscle
6. Converts food into energy
7. Promotes good vision and healthy skin
8. Regulates fluid balance and blood pressure
9. Helps absorb calcium

- \_\_\_\_ Vitamin D
- \_\_\_\_ Riboflavin
- \_\_\_\_ Phosphorus
- \_\_\_\_ Vitamin B12
- \_\_\_\_ Calcium
- \_\_\_\_ Protein
- \_\_\_\_ Niacin
- \_\_\_\_ Vitamin A
- \_\_\_\_ Potassium

