

# DAIRY

## WHAT IS A DAIRY COW?

Heifers are female dairy cattle and after two years, they give birth to their own calves. Once a heifer gives birth, it is called a cow.

## MILK

All dairy cows must have a calf to produce milk, therefore, male dairy cattle or bulls do not produce milk. Milk is filled with many important vitamins and nutrients including, calcium, carbohydrates, proteins and vitamin D.

## MORE THAN MILK

Milk is made into many other products that you can buy including, flavored milk, ice cream, cheese, butter, yogurt, cream cheese, sour cream, cottage cheese and buttermilk.

## NUTRITION

Milk, cheese and yogurt provide nine essential nutrients, including calcium, potassium, phosphorus, protein, vitamins A, D and B12, riboflavin and niacin. You should have 3 servings of nonfat or low-fat milk and milk products each day. Dairy foods are great for building strong bones and they also improve overall diet quality and reduce the risk of various chronic diseases.

## FAST FACTS

- Dairy is the largest segment of Wisconsin agriculture. Wisconsin agriculture creates **\$88.3** billion and **\$45.6** billion is from dairy!
- A Wisconsin dairy cow produces an average of more than **7 GALLONS** of milk each day.
- 90% of Wisconsin's milk is made into cheese and Wisconsin has **126 CHEESE PLANTS**, which is twice as many as any other state.
- **CHOCOLATE MILK'S** optimal carbohydrate-to-protein ratio makes it an ideal beverage choice for athletes.

## BREEDS

There are many different kinds of dairy cows, which means they come in many colors. Holsteins are the black and white cows that are most common in the United States. However, other breeds include Jersey, Brown Swiss, Guernsey, Milking Shorthorn and Ayrshire.

