

# Why to Include **DAIRY** on Your Plate



## DID YOU KNOW

Did you know that milk contains 4 naturally occurring vitamins and minerals that meet more than 20% of your required daily value in just one serving? That means that milk is considered an excellent source of calcium, phosphorus, riboflavin, and vitamin B12.

## Key Nutrients Found in Dairy

*% of daily values found in each 8oz serving of milk!*

- |                    |                     |
|--------------------|---------------------|
| • Calcium - 20%    | • Riboflavin - 30%  |
| • Protein - 16%    | • Vitamin B12 - 50% |
| • Vitamin D - 15%  | • Zinc - 10%        |
| • Phosphorus - 20% | • Iodine - 60%      |
| • Vitamin A - 15%  | • Potassium - 10%   |



**Source:** USDA FoodData Central



**8g**  
**PROTEIN<sup>1</sup>**

**1 CUP**

*1 Serving = 1 Cup Milk*



**Whole Milk = 150 CALORIES**

**2% Milk = 120 CALORIES**

**Fat-Free Milk = 80 CALORIES**

### Other Sources of Dairy-Based Proteins<sup>2</sup>



**1 oz Ricotta Cheese**

14g PROTEIN



**1 Slice American  
Cheese**

4g PROTEIN



**3/4 Cup Non-Fat  
Greek Yogurt**

10g PROTEIN



**1 Cup Cottage Cheese**

24g PROTEIN



**1/2 Cup Cream Cheese**

6g PROTEIN



**1 oz Brie Cheese**

6g PROTEIN