Milk: Nutrient Power House

An 8-ounce serving of milk, flavored or not, gives kids as much...

- **Vitamin A** as 2 hard boiled eggs
- **Phosphorus** as 1 cup of canned kidney beans
- **Calcium** as 10 cups of raw spinach
- **Riboflavin** as 1/3 cup of whole almonds
- **Vitamin D** as 3/4 ounce of cooked salmon
- **Potassium** as one small banana

USDA National Nutrient Database for Standard Reference, Release 24

Nutrients included are either a good/excellent source in one 8-ounce serving of lowfat milk and lowfat flavored milk, and/or nutrients lacking in America’s diets.