

# MILK: NUTRIENT POWER HOUSE



\* **Vitamin A** as 2 hard boiled eggs



\* **Riboflavin** as 1/3 cup of whole almonds



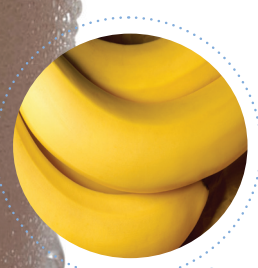
\* **Phosphorus** as 1 cup of canned kidney beans



\* **Vitamin D** as 3/4 ounce of cooked salmon



\* **Calcium** as 10 cups of raw spinach



\* **Potassium** as one small banana

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



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.

got milk?

**MilkPEP**  
Milk Processor Education Program