

# A Look at the Nutrition of Milk



## Varieties of Milk

- Whole milk
- 2% reduced fat milk
- 1% low fat milk
- Skim milk
- Sweetened condensed milk
- Chocolate (and other flavored) milk
- Evaporated milk
- Evaporated fat free milk
- Non-fat dry milk
- Lactose-free

## A catch-all recovery drink

Chocolate milk is an ideal recovery beverage following exercise. Its ratio of carbohydrates to protein helps prevent muscle soreness and repair muscles.

## Nutritional Profiles of Fluid Milk Varieties

Per 1 cup (8oz)	WHOLE	2% REDUCED FAT	1% LOW FAT	NON-FAT	WHOLE CHOCOLATE	1% LOW FAT CHOCOLATE
Calories	149	122	102	83	208	157
Fat	8g	5g	2.5g	0g	8.5g	2.3g
Protein	8g	8g	8g	8g	8g	8g
Calcium	276mg	293mg	305mg	299mg	272mg	286mg

## Milk has 9 Essential Nutrients

Nutrients in milk	BENEFITS	1 SERVING IS EQUIVALENT TO
Calcium	Builds and maintains strong bones and teeth; reduces the risk of stress fractures and osteoporosis; promotes normal blood pressure	10 cups of raw spinach
Protein	Builds and maintains lean muscle	1.5 medium eggs
Phosphorus	Works with calcium and vitamin D to keep bones strong	1 cup of canned kidney beans
Vitamin A	Important for good vision, healthy skin, and a healthy immune system	3/4 cup of broccoli
Vitamin B-12	Builds red blood cells; maintains the central nervous system	3 ounces of turkey
Vitamin D	Helps absorb calcium for healthy bones	3/4 ounce of cooked salmon
Riboflavin	Converts food into energy; plays a role in the development of the central nervous system	1/3 cup of almonds
Potassium	Balances fluids; maintains normal blood pressure	1 small banana
Niacin	Converts nutrients into energy	10 cherry tomatoes



### Milk: Myth vs. Fact

**M** | It is easy to get enough calcium without dairy foods like milk.

**F** | Dairy foods are the top source of calcium for Americans.

**M** | People who are sensitive to lactose should avoid milk.

**F** | Lactose-free milk is real milk and provides the same nutrients.

**M** | Milk alternatives have the same nutrients as milk.

**F** | Milk alternatives have to be fortified to meet dairy's natural nutrient package. Fortified nutrients can settle at the bottom of the container, lowering the nutrient content you actually consume.

**M** | Organic milk is healthier than regular milk.

**F** | Science does not show that organic dairy foods are healthier than regular dairy foods, and organic and regular milks contain the same amounts of vitamins, minerals, and protein.