

As the world's population continues to increase, it's critical to not only provide nutrient-dense foods for the health of our people, but also to do so in a way that addresses the health of our communities and the planet. Through ongoing research and education efforts, National Dairy Council and its partner, the Innovation Center for U.S. Dairy, promotes sustainable practices and strives to make positive contributions to the economic, environmental and social good.

## HOW ONE COW CONTRIBUTES TO A SUSTAINABLE FOOD SYSTEM

### NUTRITION & HEALTH BENEFITS

Few foods deliver dairy's powerhouse of nutrients in such an affordable, delicious and readily available way.

**1 cow** produces on average  
**144 servings of milk** per day.

That's enough to provide  
**48 people** with  
**3 daily servings**  
of low-fat milk.



And this would deliver:

- 90% DV** for calcium
- 90% DV** for vitamin D
- 30% DV** for potassium
- 48% DV** for protein
- + additional nutrients essential for health

Milk is  
**~17¢** per  
serving

DV: Daily Value

Dairy intake is associated with:

- Strong bones and teeth
- Reduced risk of cardiovascular disease and type 2 diabetes
- Lower blood pressure in adults

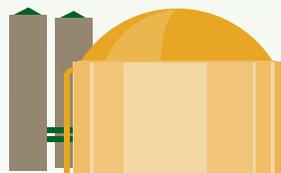
### NUTRIENT MANAGEMENT

Rich in nutrients, cow manure fertilizes the land for growing more crops for people and animals.



**1 cow** produces  
**17 gallons**  
of manure per day.

That's enough  
fertilizer to grow  
**56 pounds of corn** or  
**84 pounds of tomatoes.**



### TAKING IT FURTHER

Manure is also becoming a source of additional value. Anaerobic digester systems convert manure and commercial food waste into:

- > Electricity
- > Fuel for cars and trucks
- > Fertilizer and fiber

**75%** of a cow's diet is not consumable by humans.

By-products from the human food and fiber industries (e.g., citrus pulp and cottonseed) are converted to milk rather than sent to landfills.



### VALUE FROM REUSE

Having four stomachs means cows can recycle food that people can't eat.

**Sources** Nutrition: A. Drewnowski, Am J Clin Nutr, 2010; USDA National Nutrient Database for Standard Reference SR25; 2010 Dietary Guidelines for Americans; Nutrients and reuse: Est. of human-edible and inedible materials computed from the avg. Midwestern lactating cow ration published by Thoma et al.; Greenhouse Gas Emissions of Fluid Milk, 2010; Erb, Kevin; Manure 101, University of Wisconsin Extension, 2010; Digester: Innovation Center, Case Study: Food Waste, 2013.

