










Three Servings of Milk Deliver A Unique Nutrient Package

The Dietary Guidelines for Americans recommends three servings of dairy products each day.*



Milk's essential nutrients can be difficult to replace in a healthy dietary pattern. Three 8-ounce cups provide as much of each nutrient as:

PROTEIN 50% DV	 4 large (50 g) hardboiled eggs
CALCIUM 70% DV	 38 cups of raw kale
PHOSPHORUS 60% DV	 approx. 3 cups of cooked red kidney beans
VITAMIN B₁₂ 140% DV	 approx. 1 lb pork chops
RIBOFLAVIN (B₂) 100% DV	 0.8 cups of whole almonds
PANTOTHENIC ACID (B₅) 50% DV	 approx. 5 cups of chopped broccoli
VITAMIN A 45% DV	 approx. 1.8 cups of fortified ready-to-eat cereal
VITAMIN D 45% DV	 6.5 oz of sardines (approx. 15 sardines)
NIACIN (B₃) 35% DV	 approx. six large white mushrooms

*The 2015-2020 Dietary Guidelines for Americans recommends three servings of low-fat or fat-free dairy foods (milk, cheese, yogurt) for Americans 9 years and older.

Source: U.S. Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28, revised May 2016. Calculations based on low-fat milk (USDA database #01082). Some milk may be a good source of selenium and/or zinc. Other foods used: eggs (#01129), kale (#11233), kidney beans (#16031), pork chops (#10058), almonds (#12061), fortified ready-to-eat cereal (#08508), sardines (#15088), mushrooms (#11260), broccoli (#11090).