All About Milk & Dairy Farming

**PROTEIN-PACKED**
Milk is nature’s protein drink as it naturally contains 8 grams of high-quality protein in every 8-ounce serving.

**NUTRIENT-RICH**
Milk contains 13 essential nutrients, including calcium, vitamin D and potassium, that can fill nutritional gaps in your diet.

**SUPPORTING FOODBANKS**
The U.S. dairy community partners with Feeding America to feed hungry people by increasing the availability of nutritious dairy foods in food banks.

**WHO WE ARE**
The American Dairy Association Mideast is source for all things dairy from farm to fridge! We work on behalf of Ohio and West Virginia dairy farm families to share their stories, bring you science-based information and feature delicious dairy recipes.

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**OUR ENVIRONMENTAL COMMITMENT**
Dairy is committed to being an environmental solution - raising the bar on social and environmental responsibility.

By 2050, U.S. dairy will:
- achieve carbon neutrality or better
- optimize water usage and maximize recycling
- manage manure and nutrients to improve water quality

**INNOVATIVE UPCYCLING**
Dairy farmers can upcycle parts of plants like almond hulls and citrus pulp from other local farms to feed their cows, helping to keep food waste out of landfills.

**REGENERATING THE SOIL**
Dairy cow manure is a natural fertilizer that returns critical nutrients to the soil to nourish future crops that all farmers can use.

**SHRINKING CARBON FOOTPRINT**
The carbon footprint of a glass of milk is two-thirds less than it was 70 years ago, yet provides all the same great nutrients.

**Nourishing People,**
America’s dairy farmers are dedicated to fostering healthy people, healthy communities and a healthy planet now and for future generations.

Planet & Community
COW CARE
Dairy farmers’ commitment to producing high-quality milk begins with taking good care of their cows and treating them with respect. Farmers work closely with veterinarians, animal nutritionists and other professionals to keep their animals healthy and comfortable.

MILK SAFETY
Dairy farmers use milking machines to milk their cows 2-3 times a day. It only takes about 5-7 minutes for a cow to be milked!

MILK PROCESSING
Milk is tested for safety before it leaves the tanker. If milk tests positive for antibiotics, it’s disposed of and never enters the food supply.

Milk offers a unique and powerful combination of 13 essential nutrients, like vitamin A, vitamin D, zinc, selenium and protein that are essential to good health and a healthy immune system.

CALCIUM
- Helps build and maintain strong bones and teeth.

PROTEIN
- Helps build and repair tissue; supports immunity.

VITAMIN D
- Supports strong bones and teeth; helps tissue growth.

SELENIUM
- Supports healthy immune system and metabolism; helps protect cells from damage.

IODINE
- Crucial for bone and brain development in pregnancy and infancy.

NIACIN
- Used in energy metabolism in the body.

Milk is pumped through sanitized pipes and is rapidly cooled before it reaches the refrigerated bulk tank where it is stored at 45˚F or less.

Milk is transported in an insulated tanker from the farm to a processing facility. From farm to fridge, milk is never touched by human hands.

After the milk is tested, it goes through a three-step process: pasteurization, standardization and homogenization. Then, it is bottled and delivered fresh to local stores and schools.

POTASSIUM
- Supports healthy heart, blood pressure, body fluid balance and muscle function.

NIACIN
- Supports normal blood function and nervous system.

ZINC
- Supports healthy immune system, eyes and skin.

RIBOFLAVIN
- Helps your body use carbohydrates, fats and protein for fuel.

PANTOTHENIC ACID
- Helps your body use carbohydrates, fats and protein for fuel.

VITAMIN A
- Supports healthy skin, eyes and immune system; promotes growth.

PHOSPHORUS
- Supports strong bones and teeth; helps tissue growth.

PROTEIN
- Helps build and repair tissue; supports immunity.

VITAMIN D
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SELENIUM
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