1. About 73% of calcium available in the food supply is provided by milk and milk products.

2. Milk is packed with 13 essential nutrients including protein, calcium and vitamin D.

3. Chocolate milk’s combination of fluids, carbs, and protein helps rehydrate and refuel muscles after a workout.

3. It takes...
   - 12 pounds of whole milk to make 1 gallon of ice cream.
   - 21.2 pounds of milk to make 1 pound of butter.
   - 10 pounds of milk to make 1 pound of cheese.

4. Cheddar is the most popular natural cheese in the U.S.

5. Vanilla is America’s favorite flavor of ice cream.

6. To get the same amount of calcium provided by one 8-ounce glass of milk, you would have to eat 4.5 servings of broccoli, 16 servings of spinach or 5.8 servings of whole wheat bread.

7. The first cow arrived in America in Jamestown in 1611. Until the 1850’s nearly every family had its own cow.

8. June is National Dairy Month.

9. 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.

10. 94% of U.S. dairy farms are family-owned and operated.

11. Milk arrives at your local grocery store in as little as 48 hours after leaving the farm.

12. There are 7 breeds of dairy cows: Holstein, Red and White Holstein, Jersey, Guernsey, Brown Swiss, Ayrshire and Milking Shorthorn.

13. A Holstein’s spots are like fingerprints—no two cows have exactly the same pattern of black and white spots.

14. The average cow produces 8 gallons of milk per day, that’s over 100 glasses of milk!
15. Cows are milked 2-3 times a day.
16. It only takes about 5-7 minutes for a cow to be milked.
17. Cows drink 30-50 gallons (about a bathtub full) of water each day!
18. An average dairy cow weighs 1,200 pounds.
19. A cow has one stomach with four compartments.
20. Cows eat about 100 pounds of feed a day, which is like eating 300 peanut butter and jelly sandwiches!
21. The average cow chews about 50 times a minute.
22. Cows have 32 teeth total, but no top teeth! Instead, they have a tough pad.
23. Dairy cows can produce 125 pounds of saliva a day.
24. Cows are red-green color blind, which means they cannot see red.
25. Cows have almost total 360° panoramic vision.
26. A cow’s normal body temperature is 101.5°F.
27. Cows prefer temperatures between 40-65°F.
28. Cows cannot sweat—they lose heat through their breath.
29. Cows are pregnant for 9 months, just like people.
30. The average cow is 2-years-old when she has her first calf.
31. Cows have an acute sense of smell—they can smell up to 6 miles away!
32. You can lead a cow upstairs, but not downstairs—their knees can’t bend properly to walk downstairs.
33. Did you eat something spicy? Milk is better for cooling your mouth than water because of the protein casein—it cleanses your taste buds.
34. Cows spend about 30 minutes drinking, 3-5 hours eating and 12-14 hours resting each day.
35. There are more than 29,000 dairy farms in the U.S.