

Milk = Summer's Hydration Tool

An 8 oz glass of milk is about **87% water** and is an easy way to help kids and families meet daily fluid goals, including rehydration after time outdoors.



Naturally Occurring Electrolytes

Milk naturally contains sodium, potassium, magnesium and calcium, helping replace what's lost through sweat.

13 Essential Nutrients

Milk delivers protein, vitamin D, phosphorus, vitamin A, riboflavin, vitamin B12, pantothenic acid, niacin, zinc, selenium and iodine — 13 essential nutrients to support growth and development.

Prevent Dehydration

Even mild dehydration can affect how kids feel and function. Children are especially vulnerable — their smaller body size, dependence on caregivers for fluids, and faster metabolic rate can lead to rapid fluid loss.



Share milk's hydration benefits
at your next wellness visit:



1) Rumbold P, McCulloch N, Boldon R, Haskell-Ramsay C, James L, Stevenson E, Green B. The potential nutrition-, physical- and health-related benefits of cow's milk for primary-school-aged children. *Nutr Res Rev.* 2022 Jun;35(1):50-69. doi: 10.1017/S095442242100007X. Epub 2021 Apr 27. PMID: 33902780.

2) How to keep kids hydrated. Philadelphia (PA): Children's Hospital of Philadelphia; 2025 Apr 15 [cited 2026 Jul 10]. Available from: www.chop.edu/news/health-tip/how-keep-kids-hydrated

3) Aragón-Vargas LF, Garzón-Mosquera JC, Montoya-Arroyo JA. Skimmed, Lactose-Free Milk Ingestion Postexercise: Rehydration Effectiveness and Gastrointestinal Disturbances Versus Water and a Sports Drink in Physically Active People. *Int J Sport Nutr Exerc Metab.* 2024 May 24;34(5):258-266. doi: 10.1123/ijsem.2023-0253. PMID: 38789098.