

# Facts Page

Let these milk and dairy group facts help enhance your lesson.

## Why do you need milk?

Children need 2 to 3 cups from the Milk Group every day –

- to make bones strong and hard
- to make bones grow longer and wider
- to help develop strong teeth

We all have 206 bones in our bodies! Foods from the Milk Group help each one of them to be as strong as it can be!

## What if you don't like milk?

- eat other foods from the Milk Group, like cheese, yogurt and pudding
- try flavored milk, like chocolate or strawberry
- make blender shakes with yogurt, fruit, milk, ice cream or juices

## What nutrients make milk and dairy foods so important in our diets?



Like all beverages, milk supplies that essential nutrient, water: about 89% by weight. In addition, milk is one of the best sources of calcium in the typical American diet. Other nutrients supplied by milk include phosphorus, riboflavin, vitamins A and D and protein.

### Remember, milk comes from cows!

This may seem obvious to us, but many children (and some adults, too!) are not familiar with sources of food. These “Moo Facts,” from Midland Dairy Association, will help young readers think of milk’s origin.

- there are six breeds of dairy cattle: Guernsey, Holstein, Brown Swiss, Jersey, Ayrshire, and Milking Shorthorn
- a dairy cow weighs about 1,400 pounds!
- a dairy cow eats about 90 pounds of food each day!
- a dairy cow has four stomachs!
- a dairy cow produces about 22.5 quarts of milk a day—about 16,000 glasses of milk each year!
- a dairy cow drinks 20–50 gallons of water a day—about a bathtub full!



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