

# Facts Page

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

Milk is sold in several forms, and all contain important nutrients needed by our bodies. Dairy foods have many health benefits such as helping to build and maintain strong bones and teeth and controlling blood pressure. Milk and some dairy foods contain added vitamin D, which works with calcium to form and maintain strong bones.

The many different forms of milk make it very versatile and easy to use in a variety of ways. Nonfat dry milk (NDM) is a convenient form of milk that was introduced as “magic crystals” in 1954. NDM is white to light cream in color with a clean, neutral dairy flavor. It is manufactured by removing water from pasteurized skim milk. It keeps well, because it contains 5% or less moisture by weight, so microbial growth is prevented.

Milk comes from healthy well-fed cows. Cows eat about 90 pounds of nutritious food a day, and they drink 25 to 50 gallons of water each day. That is nearly a bathtub full!

Milk hasn't always come in plastic jugs. In 1884, dairy plants started using glass bottles to store milk. Before that time they used jars, pails and cans. In 1906, the first paper milk carton was used. In 1964, plastic milk jugs were introduced.



Long ago, when people traveled and wanted milk, they had to take cows with them. Today, milk is delivered to stores and schools. Milk delivered today was in a cow 2 days ago. (Source: National Dairy Council, 1995).

Children 2 – 8 years old need 2 cups of milk each day, and those 9 years and older (including adults!) need 3 cups of milk daily. Children that are not able to drink milk can get needed vitamins and minerals from a variety of other foods.

#### Related web sites:

[www.midwestdairy.com](http://www.midwestdairy.com)—Midwest Dairy Council  
May provide free, dairy-farmer funded materials

[www.3aday.org](http://www.3aday.org)—American Dairy Association

[www.kdheks.gov/nws-wic/](http://www.kdheks.gov/nws-wic/)—Kansas WIC  
Click on “Resources”

<http://www.floridawic.org/pages/nutrition/nutrition.htm>  
Florida WIC nutrition information



\*This project is supported by the USDA through a contract awarded by Income Maintenance/Employment Preparation Services, Kansas Department of Social and Rehabilitative Services.\*

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's Target Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington DC, 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.