

MILK: NUTRIENT POWER HOUSE



* **Vitamin A** as two hard boiled eggs



* **Calcium** as 10 cups of raw spinach



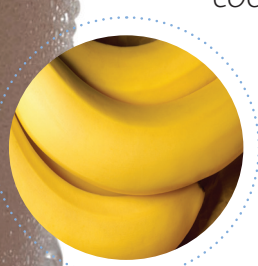
* **Phosphorus** as 1 cup of kidney beans



* **Vitamin D** as 3/4 ounce of cooked salmon



* **Riboflavin** as 1/3 cup of whole almonds



* **Potassium** as one small banana

An 8-ounce serving of milk, flavored or not, gives kids as much ...



*USDA National Nutrient Database for Standard Reference, Release 23. Nutrients included are either a good/excellent source in one 8-ounce serving of lowfat milk and lowfat flavored milk, and/or nutrients lacking in America's diets.