



DO YOU KNOW THE FACTS ABOUT MILK?

Go First Class



Drink MILK!

FACT: Milk is the most nearly perfect food, contains all the nutrients (food elements) that we need for growth and good health. ONLY MILK has these elements in such amounts that can work as a "team."

FACT: Milk is one of the easiest foods for the body to digest.

FACT: Milk contains protein, carbohydrates, fats, minerals and vitamins, all the nutrients needed for a healthy body and sturdy bones and teeth.

FACT: Protein from milk, nutrition experts call complete protein, because they contain every amino acid essential for building blood & tissue.

FACT: Milk protein not only has more amino acids than Plant Protein, but also provides them in greater amounts than the protein of eggs and most meats.

FACT: Milk fat or butterfat provides energy and essential fatty acids that our bodies cannot make.

FACT: Milk fat contains vitamins A, D, E, and K; traces of lecithin. Milk fat also gives milk its flavor.

FACT: Milk sugar, called lactose, makes up most of the carbohydrate contents of milk. Bodies burn milk sugar for energy. Doctor's believe that lactose, combining with calcium and phosphorus in milk, helps build strong bones & teeth.

FACT: Few natural foods besides milk contain as many vitamins in the amounts so close to what our bodies need.

FACT: A dairy cow that produces 16,000 lbs. of milk with a 3.8 test will produce in 1 year:
560 lbs. of protein, 608 lbs. of butterfat, 768 lbs. of carbohydrates, 112 lbs. of minerals & vitamins.

MILK- NATURE'S BEST!!!

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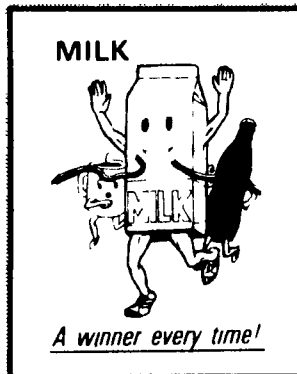
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