

# Milk Matters

Milk has 9 essential nutrients that help kids grow.

To count on the Child and Adult Care Food Program,  
1 cup milk\* must have the minimum amount for all 9 nutrients below.

(\*Both dairy AND non-dairy milk must meet requirements for all 9 nutrients for children without a disability.)

## Phosphorus

**222 mg**  
powers the cells in your  
body and strengthens  
bones

## Riboflavin

**0.44 mg**  
helps you turn food  
into fuel/energy

## Calcium

**276 mg**  
builds strong  
bones and teeth

## Potassium

**349 mg**  
helps your heart  
beat, keeps blood  
pressure steady, and  
helps muscles and  
nerves work

### Whole milk

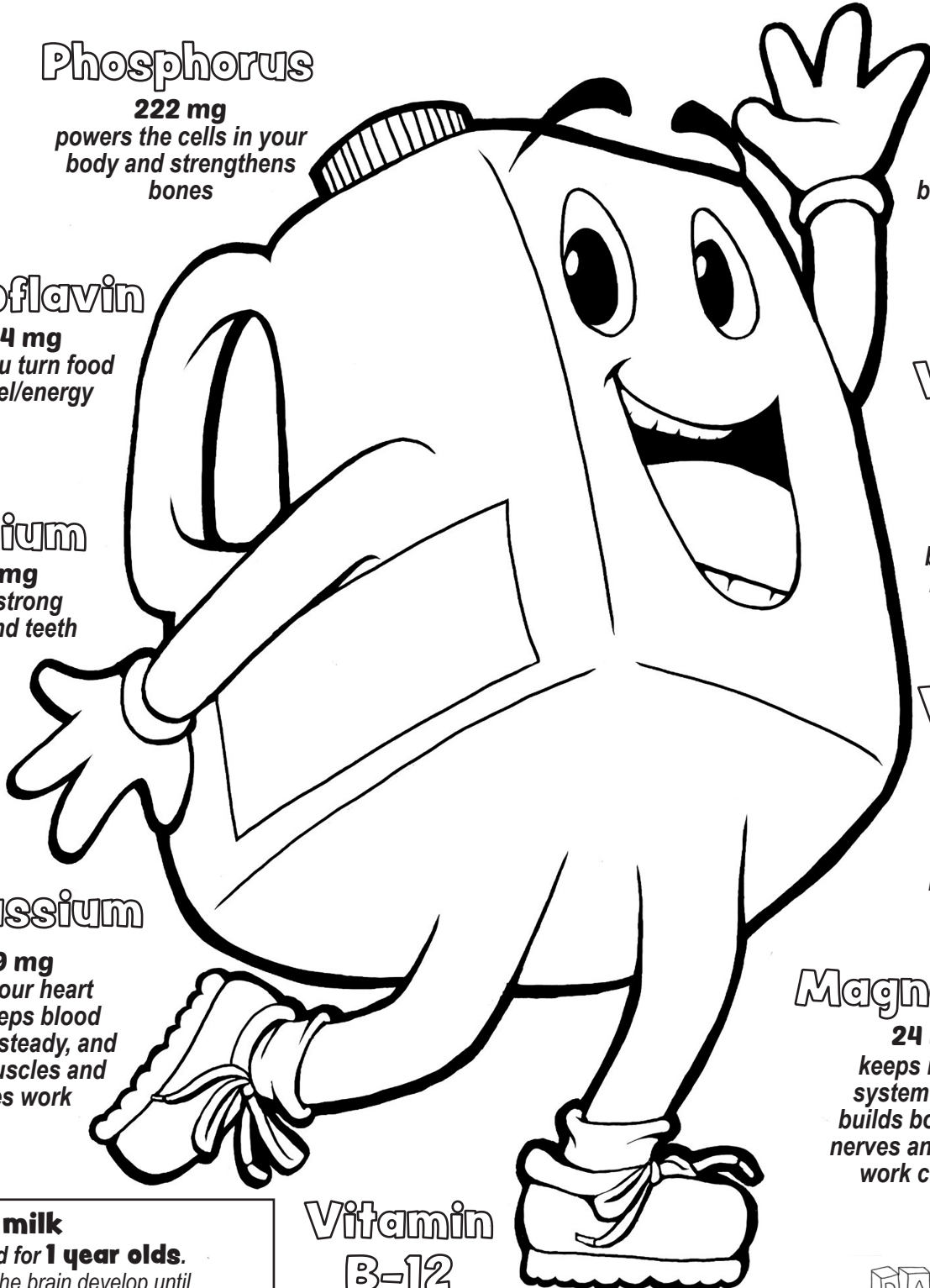
is required for 1 year olds.  
Fat helps the brain develop until  
growth slows down around age 2.

**1% Low Fat or 0% Fat Free**  
is required for ages 2+.

## Vitamin B-12

**1.1 mcg**

helps nerves work properly,  
helps make red blood cells and DNA



## Protein

**8 g**  
builds and repairs  
muscles and  
other tissues

## Vitamin D

**D**

**2.5 mcg**  
(equal to 100 IU)  
builds strong  
bones, teeth and  
immune system

## Vitamin A

**A**

**150 mcg**  
(equal to 500 IU)  
keeps eyes and  
immune system  
healthy

## Magnesium

**24 mg**  
keeps immune  
system healthy,  
builds bone, helps  
nerves and muscles  
work correctly

