

Milk Matters

Dairy milk has 9 essential nutrients that help kids grow.

**To count on the Child and Adult Care Food Program,
1 cup milk substitute must have the same 9 nutrients.**

*(*Milk substitutes 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.*

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

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

Vitamin 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*

