

10 REASONS to GIVE Kids WHOLE MILK

1- Milk has 8 grams of high quality complete protein, containing all 9 amino acid building blocks. No alternative has as much or as high quality protein as real milk.

2. An 8 ounce glass contains 21 minerals and 13 vitamins.

3. It's natural. A true farm to table product, containing 2 ingredients: Milk, Vitamin D.

4. Milk contains zero added sugar.

5. Whole MILK has essential nutrients to support the immune system.

6. Milk is a naturally-occurring calcium source that provides almost 30% of daily requirements and is easily absorbed by the body.

7. Studies show children who drank whole milk had a 40 percent lower chance of being overweight or obese compared with those who drank low-fat milk.

8. Because of dairy foods' nutritional package, it's a one-stop shop to help people sustain their energy.

9. The dairy fat is a healthy combination of a saturated, monosaturated and polyunsaturated fats, including CLAs and Omegas.

10. Milk contains calcium, vitamin D, phosphorus and potassium to build and maintain strong bones, which can help reduce the risk for stress fractures.

