



13 REASONS TO CHEER FOR MILK!

Drinking milk gives your body 13 different nutrients to help you stay healthy. Make sure you have three servings of milk or other dairy foods every day to keep your body working its best!



 **Hunter Renfrow**
Wide Receiver

Calcium

25% Daily Value

Helps build and maintain strong bones and teeth.



Protein

16% Daily Value

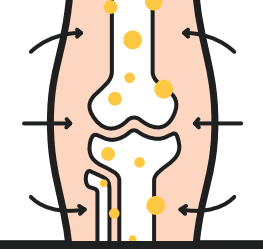
Helps build and repair muscle tissue.



Vitamin D

15% Daily Value

Helps promote the absorption of calcium.



Vitamin A

15% Daily Value

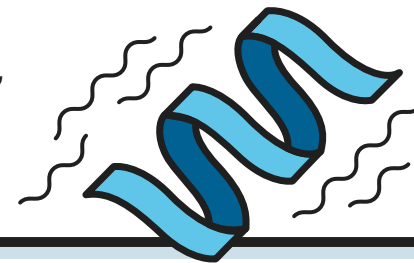
Helps maintain normal vision and skin.



Phosphorus

20% Daily Value

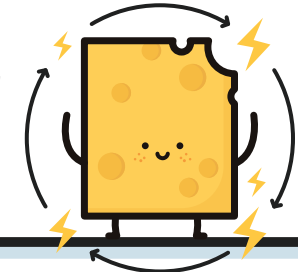
Supports tissue growth, strong bones and teeth.



Riboflavin

30% Daily Value

Helps your body use carbohydrates, fats and protein for fuel.



Vitamin B12

50% Daily Value

Helps with normal blood function and a healthy nervous system.

Niacin (B3)

15% Daily Value

Helps convert sugars and fatty acids to energy.

Pantothenic Acid (B5)

20% Daily Value

Helps your body use carbohydrates, fats and protein as fuel.

Zinc

10% Daily Value

Helps maintain a healthy immune system.

Selenium

10% Daily Value

Helps maintain a healthy immune system.

Iodine

60% Daily Value

Necessary for proper bone and brain development.

Potassium

10% Daily Value

Helps regulate the body's fluid balance and blood pressure.





13 REASONS TO CHEER FOR MILK!

Drinking milk gives your body 13 different nutrients to help you stay healthy. Make sure you have three servings of milk or other dairy foods every day to keep your body working its best!



Hunter Renfrow
Wide Receiver

Calcium 25% Daily Value

Helps build and maintain strong bones and teeth.

Protein 16% Daily Value

Helps build and repair muscle tissue.

Vitamin D 15% Daily Value

Helps promote the absorption of calcium.

Vitamin A 15% Daily Value

Helps maintain normal vision and skin.

Phosphorus 20% Daily Value

Supports tissue growth, strong bones and teeth.

Riboflavin 30% Daily Value

Helps your body use carbohydrates, fats and protein for fuel.

Vitamin B12 50% Daily Value

Helps with normal blood function and a healthy nervous system.

Niacin (B3) 15% Daily Value

Helps convert sugars and fatty acids to energy.

Pantothenic Acid (B5) 20% Daily Value

Helps your body use carbohydrates, fats and protein as fuel.

Zinc 10% Daily Value

Helps maintain a healthy immune system.

Selenium 10% Daily Value

Helps maintain a healthy immune system.

Iodine 60% Daily Value

Necessary for proper bone and brain development.

Potassium 10% Daily Value

Helps regulate the body's fluid balance and blood pressure.



DAIRY COUNCIL OF NEVADA
The nutrition education people



PLAY:60

