

Proper nutrition allows athletes to achieve optimal performance in their sport. Dairy plays an integral role in the diet to help ensure that athlete's not only reach but, exceed their goals.



WHOLE MILK

8 ounces, 150 calories, delivers:

Protein 3.5%, Fat 3.25%

Essential Nutrients by
% of Recommended
Daily Value (DV)

_____	Calcium	30%
_____	Vitamin D	25%
_____	Riboflavin	25%
_____	Phosphorus	20%
_____	Protein	16%
_____	B12	13%
_____	Potassium	11%
_____	Vitamin A	10%
_____	Niacin	10%
_____	Vitamin B5	9%
_____	Thiamin(B1)	7%
_____	Zinc	7%
_____	Magnesium	6%
_____	Vitamin B6	4%
_____	Folate	3%
_____	Vitamins E & K	1%

SOURCE: USDA National
Nutrient Database for
Standard Reference (4/18)

Learn more about milk by going to:

www.97milk.com

