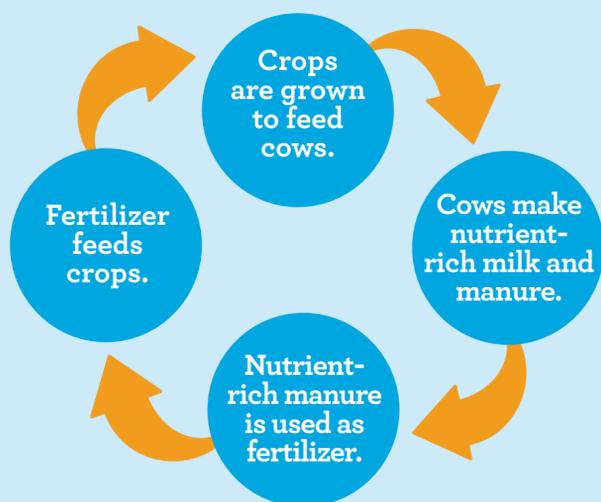




SUSTAINABLE NUTRITION *in* EVERY GLASS

Environmentally Sustainable

- Dairy farms have reduced their carbon footprint by more than 60% since the 1940s.¹
- Milk is produced in all 50 states, supporting local economies and reducing need for long-distance transport.
- Dairy contributes only 2% of the United States' greenhouse gas emissions.² Farmers are continuously working to find new ways to further reduce its GHG emissions.
- Dairy farmers practice sustainability by recycling water and waste.



Packed With Nutrients

The USDA recommends that Americans age 9 and older consume 3 servings of dairy products every day, because dairy is a nutritional powerhouse! It contains 9 essential nutrients that can be hard to replace in a healthy diet pattern.

Three 8-ounce cups of milk provide:³

Nutrient	As Much Nutrition as Approximately:
Protein	4 large hard-boiled eggs
Calcium	17 cups of raw kale
Phosphorous	3 cups of cooked kidney beans
Vitamin A	3 cups of sliced red peppers
Vitamin B2 (Riboflavin)	4/5 cup of whole almonds
Vitamin B3 (Niacin)	6 large white mushrooms
Pantothenic Acid	5 cups of chopped broccoli
Vitamin B12 (Cobalamin)	1 lb. of pork chops
Vitamin D	15 sardines

Sustainable Nutrition



Sources:
¹Capper, J. L., R. A. Cady, and D. E. Bauman. 2009. The environmental impact of dairy production: 1944 compared with 2007. *J. Anim. Sci.* 87:2160–2167. Available at <https://academic.oup.com/jas/article/87/6/2160/4731307>.
²Thoma, G., Popp, J., et al. Greenhouse gas emissions from milk production and consumption in the United States: A cradle-to-grave life cycle assessment circa 2008. *International Dairy Journal* 31, Supplement 1:S3-S14, April 2013. Available at https://www.researchgate.net/publication/256686442_Greenhouse_gas_emissions_from_milk_production_and_consumption_in_the_United_States_A_cradle-to-grave_life_cycle_assessment_circa_2008.
³National Dairy Council. "Three Servings of Milk Deliver a Unique Nutrient Package." 2018. Available at nationaldairyCouncil.org/content/2018/three-servings-of-milk-deliver-a-unique-nutrient-package.



Local milk is available 365 days a year.



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