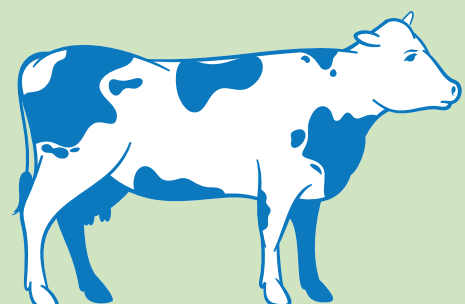




# Dairy Math!

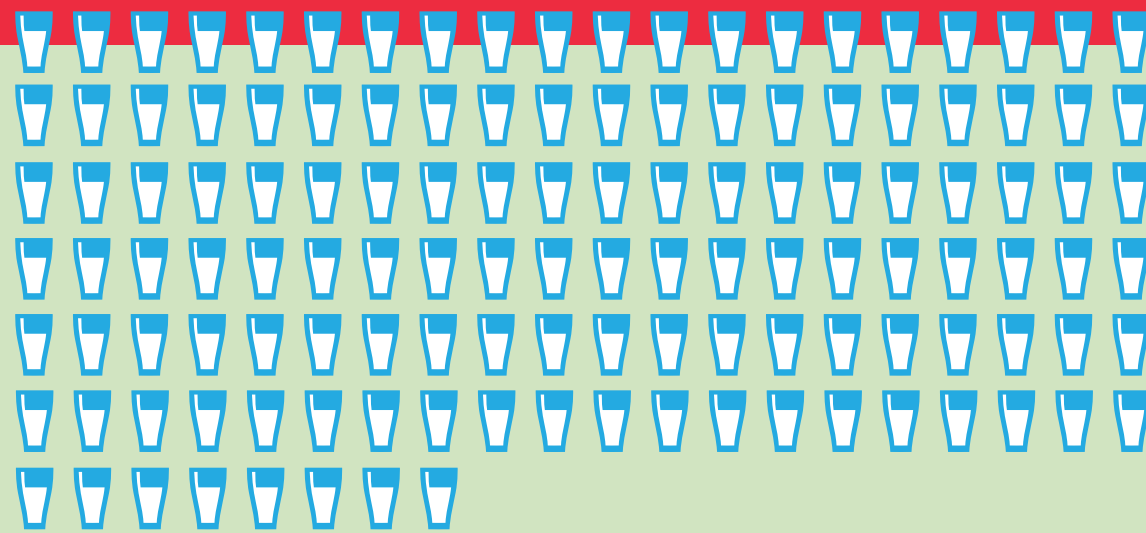
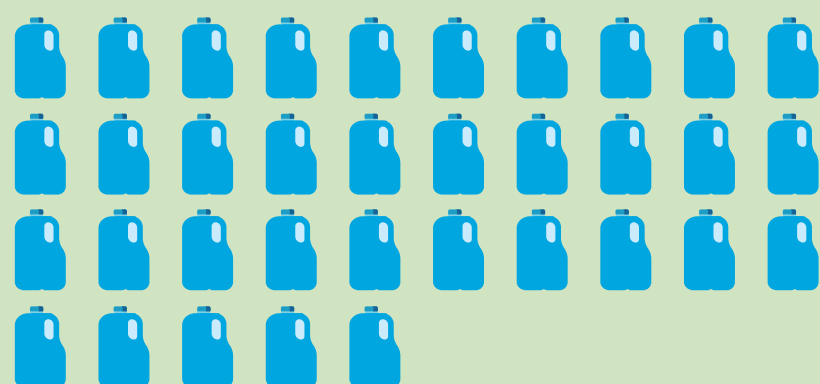
Discover some math facts about dairy cows, dairy farms, and nutrition!



Dairy cows can weigh **1,500 pounds** when fully grown.



Cows drink about **35 gallons of water** a day — that's enough to fill a bathtub. And they eat about **50 pounds of food** per day.



A dairy cow produces more than **8 gallons of milk** each day. That's about **128 glasses of milk!**



Cows rest on average **12 hours** per day.

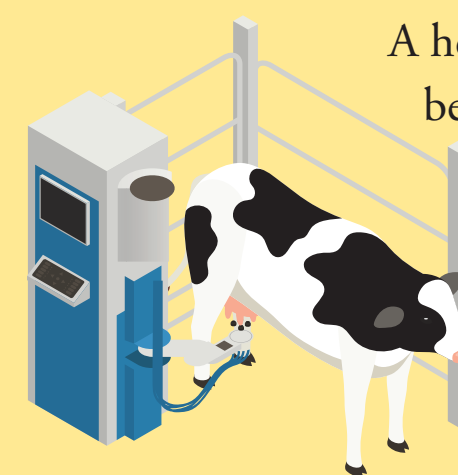
It takes less than **5 minutes** to milk a cow using a milking machine.



Each year, the dairy farmers of the American Dairy Association North East (ADANE) region produce **28,127,000,000 pounds of milk** with **1,281,000 milk cows** on nearly **10,000 dairy farms**.



The Kenny family of Enon Valley, Pa., operates one of the 10,000 dairy farms in the region.



A herd of dairy cows must be milked 2 to 3 times every day. That means **dairy farmers work 365 days every year!**

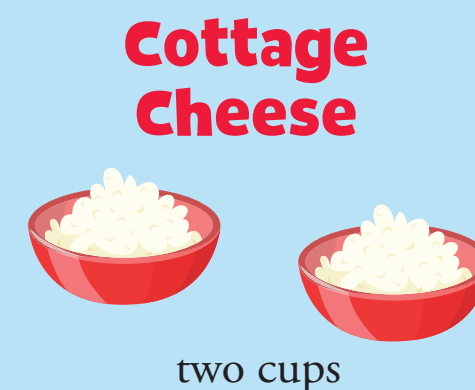
MyPlate guidelines recommend children 9 and older have **3 servings of dairy products each day** (2½ servings for children ages 4 to 8).



How much is a serving of dairy? Here are some examples:

One cup of milk has **9 essential nutrients:**

- Calcium
- Protein
- Pantothenic Acid
- Phosphorus
- Vitamin A
- Vitamin D
- Vitamin B12
- Riboflavin
- Niacin



Local milk is available 365 days a year.

