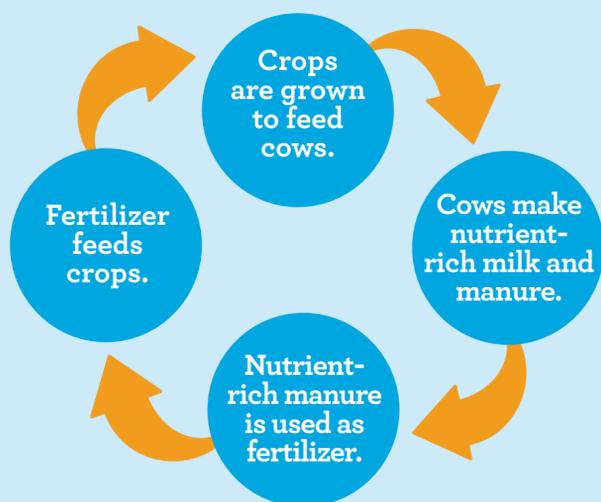




# SUSTAINABLE NUTRITION *in* EVERY GLASS

## Environmentally Sustainable

- The dairy industry has reduced its carbon footprint by more than 19% since 2007 and is committed to a goal of greenhouse gas neutrality by 2050.<sup>1</sup>
- 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.<sup>2</sup> Farmers are continuously working to find new ways to further reduce their GHG emissions.
- Dairy farmers practice sustainability by recycling water and waste.



## Packed With Nutrients

The U.S. Department of Agriculture (USDA) recommends that Americans age 9 and older consume 3 servings of dairy products every day, because dairy is a nutritional powerhouse! One serving of milk contains many of the essential nutrients your body needs, including:<sup>3</sup>

Nutrient	What It Does	Percentage Daily Value
Calcium	Helps build and maintain strong bones and teeth.	25%
Protein	Helps build and repair tissue. Helps maintain a healthy immune system.	16%
Vitamin D	Helps build and maintain strong bones and teeth. Helps maintain a healthy immune system.	15%
Phosphorus	Helps build and maintain strong bones and teeth, supports tissue growth.	20%
Vitamin A	Helps keep skin and eyes healthy; helps promote growth. Helps maintain a healthy immune system.	15%
Riboflavin	Helps your body use carbohydrates, fats and protein for fuel.	30%
Vitamin B12	Helps with normal blood function, helps keep the nervous system healthy.	50%
Pantothenic Acid	Helps your body use carbohydrates, fats and protein for fuel.	20%
Niacin	Used in energy metabolism in the body.	15%
Zinc	Helps maintain a healthy immune system, helps support normal growth and development and helps maintain healthy skin.	10%
Selenium	Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.	10%
Iodine	Necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.	60%
Potassium*	Helps maintain a healthy blood pressure and supports heart health. Helps regulate body fluid balance and helps maintain normal muscle function.	10% DRI (Dietary Reference Intakes)

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.  
\* Source: USDA FoodData Central. FDA's Daily Value (DV) for potassium of 4700 mg is based on a 2005 DRI recommendation. In 2019, National Academies of Sciences, Engineering, and Medicine (NASEM) updated the DRI to 3400 mg. Based on the 2019 DRI, a serving of milk provides 10% of the DRI. FDA rule-making is needed to update this value for the purpose of food labeling.

## Sustainable Nutrition



<sup>1</sup>American Dairy Association North East, "Reducing Dairy Industry's Carbon Footprint | ADANE." Available at [americandairy.com/sustainability/shrinking-our-carbon-footprint-and-dairys-net-zero-goal/](http://americandairy.com/sustainability/shrinking-our-carbon-footprint-and-dairys-net-zero-goal/).

<sup>2</sup>Thoma, 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 [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](http://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).

<sup>3</sup>National Dairy Council. "13 Ways Milk Can Help Your Body." 2021. Available at [americandairy.com/wp-content/uploads/2021/05/NDC-Milk-Nutrients-NEW-.pdf](http://americandairy.com/wp-content/uploads/2021/05/NDC-Milk-Nutrients-NEW-.pdf).



Local milk is available 365 days a year.



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