

Top 10 Reasons to Drink Milk

Riboflavin

Riboflavin keeps skin, eyes and nerves healthy and is essential for energy production. Milk is the #1 source of riboflavin in the Canadian diet.

Potassium

Potassium is the main nutrient responsible for fluid balance. Milk is the #2 source of potassium in the Canadian diet.

Carbohydrates

Milk is a source of carbohydrate and a great drink for athletes.

Protein

Protein provides the building blocks for muscle and other body tissues. Milk is the #3 source of protein in the Canadian diet.

Vitamin A

Vitamin A keeps eyes and skin healthy. Milk is the #2 source of vitamin A in the Canadian diet.

Vitamin B12

Vitamin B12 helps form healthy red blood cells. Milk is the #3 source of vitamin B12 in the Canadian diet.

Zinc

Zinc helps build protein and is involved in the immune response. Milk is the #3 source of zinc in the Canadian diet.

Vitamin B6

Milk is a source of vitamin B6, which helps build protein and blood cells.

Vitamin D

Vitamin D is needed to absorb calcium. Milk is the #1 source of vitamin D in the Canadian diet.

Calcium

Calcium keeps bones healthy. Milk is the #1 source of calcium in the Canadian diet.

Reference: Canada Food Stats 1.8, 2005, Statistics Canada.
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