

PROUDLY WISCONSIN

- Milk Facts -

A standard serving of milk is 8 ounces and ALL DAIRY MILK, WHETHER IT IS FAT-FREE, FLAVORED OR ORGANIC PROVIDES **13 ESSENTIAL NUTRIENTS**

CONVERTING FOOD TO ENERGY	B Vitamins (Riboflavin, B12, Niacin & Pantothenic acid)
LEAN MUSCLE	High-quality Protein
HEALTHY IMMUNE SYSTEM	Vitamin A, Selenium & Zinc
BONE BUILDING	Phosphorus, Calcium & Vitamin D
NERVE FUNCTION & MUSCLE MOVEMENT	Potassium
COGNITIVE FUNCTION	Iodine



REAL MILK OFFERS A **UNIQUE NUTRIENT PACKAGE** THAT'S DIFFICULT TO MATCH IN ANY OTHER SINGLE FOOD OR BEVERAGE

SKIM MILK | 0G Fat | 8G Protein | 80 cal

1% MILK | 2.5G Fat | 8G Protein | 100 cal

2% MILK | 5G Fat | 8G Protein | 120 cal

WHOLE MILK | 8G Fat | 8G Protein | 150 cal

LOOK FOR THE **PROUDLY WI DAIRY BADGE** OR **PRODUCT CODE 55**

on your milk to ensure it is bottled in Wisconsin

- Codes are usually near the top of the container, lids or the label.
- The first part of the code will always be two numbers. (WI is 55.)
- Codes never have colons, so if you see one of those, keep looking!

NO ADDED SUGARS
ONE SERVING OF WHITE MILK CONTAINS **12 GRAMS OF LACTOSE**

(NATURALLY OCCURRING SUGAR IN MILK)

the same amount as you'd find in a small banana

MILK IS A PROTEIN POWERHOUSE PACKED WITH **8 GRAMS OF HIGH QUALITY PROTEIN** IN EACH SERVING



WHIPPED MILK

2 tbsp hot chocolate powder*, hazelnut spread, or strawberry milk flavoring
2 tsp sugar
1/2 cup heavy cream, very cold
2 cups real Wisconsin milk
ice cubes

*Substitute unsweetened baking chocolate or cocoa powder for hot chocolate powder

In a chilled bowl, combine heavy cream, sugar, and your choice of flavoring. Whip with an electric mixer until mixture is light and fluffy. Fill two glasses with real milk and ice, top with whipped cream and serve.

Recipe courtesy of Milklife.com

Look for the Proudly Wisconsin Dairy badge on all your dairy products.



Sources:
usdairy.com/news-articles/is-milk-good-for-you
milklife.com/articles/nutrition/types-of-dairy-milk
milklife.com/milk-vs-non-dairy-milk-alternatives

usdairy.com/news-articles/how-milk-compares-to-various-plant-based-alternative-beverages

wisconsinmilk.com

PROUDLY WISCONSIN

- *Chocolate Milk Facts* -

20+ SCIENTIFIC STUDIES

Support the benefits of recovering after strenuous exercise with the high-quality protein and nutrients found in chocolate milk



Natural source of high-quality

PROTEIN

to build lean muscles

3:1

carb-to-protein ratio
to refuel tired muscles

B VITAMINS

to help convert food to energy



ELECTROLYTES



REHYDRATE



For more information visit
builtwithchocolatemilk.com

Look for the Proudly Wisconsin Dairy badge on all your dairy products.
wisconsindairy.org

