PROUDLY WISCONSIN - Milk Facts -

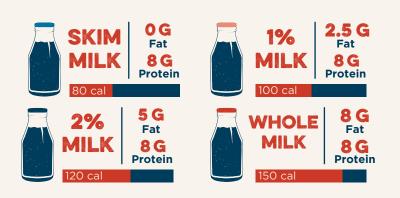
A standard serving of milk is 8 ounces and ALL DAIRY MILK, WHETHER IT IS FAT-FREE, FLAVORED OR ORGANIC PROVIDES 13 ESSENTIAL NUTRIENTS

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	lodine



REAL MILK OFFERS A UNIQUE NUTRIENT PACKAGE THAT'S DIFFICULT TO MATCH IN ANY

OTHER SINGLE FOOD OR BEVERAGE



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

wisconsindairy.org



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PRUDLY 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





carb-to-protein ratio to refuel tired muscles

BVTAMINS to help convert food to energy

ELECTROLYTES REHYDRATE



For more information visit builtwithchocolatemilk.com

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