# PROUDLY WISHONSIN

- Milk Facts -

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

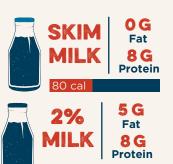
#### 13 ESSENTIAL NUTRIENTS

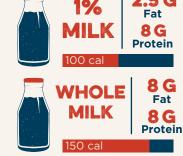
CONVERTING FOOD TO ENERGY	B Vitamins (Riboflavin, B12, Niacin & Pantothenic acid)
LEAN MUSCLE	High-quality Protein
HEALTHY IMMUNE SYSTEM	Vitamin A, Selenium & Zinc
BONE BUILDING	Phosphorus, Calcium & Vitamin D
NERVE FUNCTION & MUSCLE MOVEMENT	Potassium
COGNITIVE FUNCTION	lodine



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

THAT'S DIFFICULT TO MATCH IN ANY OTHER SINGLE FOOD OR BEVERAGE

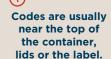




LOOK FOR THE

## PROUDLY WI DAIRY BADGE OR PRODUCT CODE 55

on your milk to ensure it is bottled in Wisconsin





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