



ENROLL TODAY AND GIVE YOUR STUDENTS THE MILK ADVANTAGE

Each 250 mL glass of 2%
partly skimmed milk supplies:

Energy 129 calories (540 KJ)

Protein 8.6 grams

Carbohydrates 12.4 grams

Plus these percentages of
recommended daily intake:

Vitamin A 11%

Vitamin D 44%

Thiamin 8%

Riboflavin 25%

Niacin 10%

Vitamin B₆ 6%

Folic Acid 6%

Vitamin B₁₂ 45%

Pantothenate 11%

Calcium 29%

Phosphorus 22%

Magnesium 14%

Zinc 11%

Protein helps build
body tissues
like muscles.

Vitamin A helps
keep eyes and
skin healthy.

Vitamin D helps
absorb calcium.

Thiamin helps with
normal growth.

Riboflavin helps the
body use energy.

Niacin helps growth
and development.

Vitamin B₆ helps the
body use energy and
build body tissue.

Folic Acid helps form
red blood cells.

Vitamin B₁₂ helps
the body make
red blood cells.

Pantothenate helps the
body use
energy and build
body tissue.

Calcium helps
develop and
maintain bones
and teeth.

Phosphorus helps
maintain bones
and teeth.

Magnesium helps
develop bones
and teeth.

Zinc is important
for tissue repair
and growth.



DAIRY FARMERS OF ONTARIO

Elementary School Milk Program 2003, 2004

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