Protein

- Every cup of real cow’s milk gives you 8 grams of high-quality protein.
- High-quality protein contains all the essential amino acids your body needs to build and maintain muscle.

Calcium

- Milk is the #1 source of naturally occurring calcium in the diet, which is easily absorbed by our bodies.
- Many plant-based beverages have added calcium that settles to the bottom and can prevent you from meeting your daily nutrient requirements.

Most plant-based beverages are fortified to try to match milk’s unique nutrient package.
Sugar
> Cow’s milk has no added sugar. Lactose is a naturally occurring sugar in cow’s milk that is similar to fructose found in fruit.
> Plant-based alternative beverages may add sugar to improve taste.

Ingredients
> Cow’s milk only has 3 ingredients – milk, vitamin A* and vitamin D.
> Many plant-based beverages have over 10 ingredients, including added sugars, stabilizers and preservatives.

*Vitamin A is naturally occurring in whole milk and added back in low-fat varieties.

.getAllCowsMilkhasOne9EsentialNutrients.

FROM FARM TO TABLE
PLANT-BASED ALTERNATIVE BEVERAGES CANNOT MATCH THE FRESHNESS OF COW’S MILK.

For more information visit:
www.MilkMeansMore.org/know-your-milk

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