One serving of milk contains many of the essential nutrients your body needs, including:

- **Calcium**: Helps build and maintain strong bones and teeth.
- **Protein**: Helps provide sustained energy. Helps build and maintain lean muscle. Helps maintain a healthy immune system.
- **Vitamin D**: Helps build and maintain strong bones and teeth. Helps maintain a healthy immune system.
- **Phosphorus**: Helps build and maintain strong bones and teeth, supports tissue growth.
- **Vitamin A**: Helps keep skin and eyes healthy; helps promote growth. Helps maintain a healthy immune system.
- **Riboflavin**: Helps your body use carbohydrates, fats and protein for fuel.
- **Vitamin B12**: Helps maintain healthy immune, blood and nervous system function. Necessary for brain development during pregnancy and infancy; linked to cognitive function in childhood.
- **Pantothenic acid**: Helps your body use carbohydrates, fats and protein for fuel.
- **Niacin**: Used in energy metabolism in the body.
- **Zinc**: Helps maintain a healthy immune system, helps support normal growth and development and helps maintain healthy skin.
- **Selenium**: Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.
- **Iodine**: Necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.
- **Potassium**: Helps maintain a healthy blood pressure and supports heart health. Helps regulate body fluid balance and maintain normal muscle function.

*Source: USDA FoodData Central. FDA’s Daily Value (DV) for potassium of 4700 mg is based on a 2005 DRI recommendation. In 2019, NASEM updated the DRI to 3400 mg. Based on the 2019 DRI, a serving of milk provides 10% of the DRI. FDA rule-making is needed to update this value for the purpose of food labeling.*