



Get **9** Essential Nutrients with Milk, Cheese¹ and Yogurt!

- 1. Calcium:** Calcium helps build and maintain strong bones and teeth. This mineral also plays an important role in nerve function, muscle contraction and blood clotting.
- 2. Potassium:** Potassium regulates the body's fluid balance and helps maintain normal blood pressure. It's also needed for muscle activity and contraction.
- 3. Phosphorus:** Phosphorus helps strengthen bones and generates energy in the body's cells.
- 4. Protein:** Protein builds and repairs muscle tissue, and serves as a source of energy during high-powered enduring exercise.
- 5. Vitamin D:** Vitamin D aids in the development of healthy teeth and bones. It also helps maintain adequate blood levels of calcium and phosphorus.
- 6. Vitamin A:** Vitamin A helps maintain normal vision and skin. It also helps regulate cell growth and maintains the integrity of the immune system.
- 7. Vitamin B₁₂:** Vitamin B₁₂ helps maintain healthy nerve cells and red blood cells, and is also needed to make DNA.
- 8. Riboflavin:** Riboflavin or vitamin B₂ helps convert food into energy – a process crucial for exercising muscles.
- 9. Niacin:** Niacin is important for the normal function of many enzymes in the body, and is involved in the metabolism of sugars and fatty acids.

¹ Cheese (Cheddar) has low levels of vitamin D, niacin, potassium. Riboflavin, niacin and vitamin A are less than 10% of Daily Value.