

Milk Critical for Children's Growth and Development



- Milk is the number one source of seven nutrients in the diets of children 2-18 years: calcium, potassium, phosphorus, magnesium, riboflavin, vitamin A and vitamin B-12¹

¹ U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans*, 2005. 6th Edition, Washington, DC: U.S. Government Printing Office, January 2005.

