

Why is milk so good for you?

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Milk is rich in protein and calcium which help build the muscles you need to throw a ball or climb a tree.

Dairy is one of the five food groups in the official Food Guide Pyramid. Dairy includes milk and milk products like yogurt and cheese. An 8 ounce glass of milk provides a big percentage of your recommended daily allowance of vitamins and minerals:

- 17% protein
- 29% calcium
- 23% phosphorus
- 23% riboflavin
- 25% vitamin D
- 15 % vitamin B-12