



Fluid Milk

Health Benefits

Bone Growth and Development

Nutrients

Calcium

Magnesium

Phosphorus

Potassium

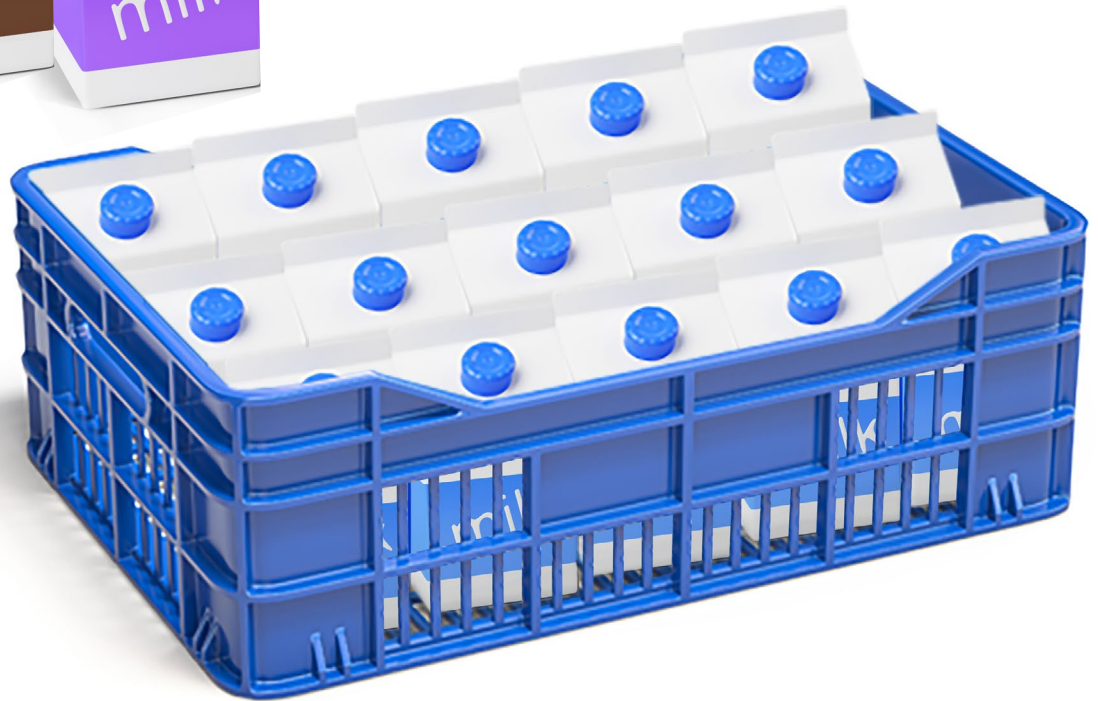
Protein

Riboflavin

Vitamin A

Vitamin B12

Vitamin D



Food Sources

This project was funded using U.S. Department of Agriculture grant funds. The USDA is an equal opportunity provider, employer, and lender.

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Suggested Reference Citation:
Institute of Child Nutrition. (2023). *Meal pattern mini-poster. Fluid milk: Health benefits, nutrients, and food sources.*
University, MS: Author.

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02/28/2023