**Nutrients in Milk**

**Nutrient**

**Mineral**

**Vitamin**

**Carbohydrate**

**Fat**

**Protein**

**Water**

**Nutrient in Milk**

1. Calcium
2. Phosphorus
3. Vitamin A
4. Vitamin B2 (riboflavin)
5. Vitamin B1 (thiamin)
6. Niacin
7. Vitamin D

Lactose (milk sugar)

**Importance to Body**

Builds strong bones and teeth; strengthens body cells; aids in blood clotting; regulates muscles, including the heart; maintains normal nerve functions.

Strengthens body cells; combines with calcium to make bones and teeth; helps in the oxidation of foods.

Aids vision and growth; helps maintain health of mucous membranes.

Aids growth; helps maintain health of skin, eyes, and tongue; helps nerve tissues function; helps digestive tract.

Assists in maintaining normal appetite, a healthy digestive system, and proper nerve function; helps release food energy for the body’s use.

Helps body to use calcium and phosphorus to build strong bones and teeth.

Provides energy.

Provides energy.

Aids growth; builds muscles; repairs worn or broken tissues.

Contributes to body fluids; regulates body temperature.