MILK FACTS

- 250 ML GLASS OF WHOLE MILK FROM COW’S CAN PROVIDE A 5 YEAR OLD CHILD WITH ABOUT:*
  - 48% OF PROTEIN REQUIREMENTS
  - 9% OF CALORIES

KEY MICRO-NUTRIENTS
- CALCIUM
- MAGNESIUM
- SODIUM
- RIBOFLAVIN
- VITAMIN B12
- VITAMIN B5
- SELENIUM

MILK PROVIDES US...

GLOBAL MILK PRODUCTION BY SPECIES (2019)

- CATTLE: 81%
- BUFFALOES: 15%
- GOATS: 2%
- SHEEP: 1%
- CAMEL: 0.4%

TOP 10 MILK PRODUCERS (2019)

- USA: 11%
- INDIA: 21%
- BRAZIL: 4%
- TURKEY: 3%
- FRANCE: 3%
- GERMANY: 4%
- PAKISTAN: 6%
- CHINA: 4%
- NEW ZEALAND: 2%

These countries produce about 62% of world production.

MILK PRODUCTION IN THE LAST THREE DECADES

- WORLDWIDE
  - 1989: 530 million tonnes
  - 2019: 883 million tonnes
  - +64%

- ASIA
  - 1989: 89 million tonnes
  - 2019: 390 million tonnes
  - +255%

PER CAPITA MILK CONSUMPTION (2018)

AFRICA

AMERICA

EUROPE

AFRICA

AMERICA

EUROPE

CALCIUM
MAGNESIUM
SODIUM
RIBOFLAVIN
VITAMIN B12
VITAMIN B5
SELENIUM

* Calculated for a child with moderate physical activity.

Sources:

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