Milk Facts

Global Milk Production by Species (2016)

- Cattle: 83%
- Buffaloes: 14%
- Goats: 2%
- Sheep: 1%
- Camels: 0.3%

Top 10 Milk Producers (2016)

- USA: 12%
- India: 20%
- Brazil: 4%
- Turkey: 2%
- France: 3%
- Germany: 4%
- Pakistan: 5%
- China: 5%
- New Zealand: 3%
- Russia: 5%

These countries produce about 62% of world production.

Milk Production in the Last Three Decades

- Worldwide: +53%
- Asia: +241%

Per Capita Milk Consumption (2015)

- Africa: 120 liters
- Asia: 200 liters
- Americas: 280 liters
- Russia: 220 liters
- New Zealand: 270 liters

Milk provides us...

- Calcium
- Magnesium
- Electrolytes
- Vitamin B12
- Vitamin B5

- 46% of protein requirements
- 8% of calories

Key micro-nutrients

- Calciump: 48% of protein requirements
- Magnesium: 9% of calories

A 250 ml glass of whole milk from cows can provide a 5-6 year old child with about: