

MILK FACTS

A 250 ML GLASS OF WHOLE MILK FROM COWS CAN PROVIDE A 5-6 YEAR OLD CHILD WITH ABOUT*:

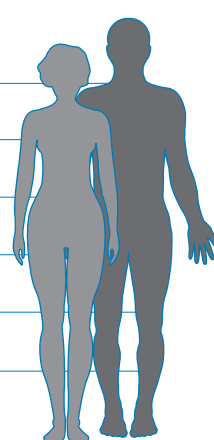
MILK PROVIDES US...



48% OF PROTEIN REQUIREMENTS
9% OF CALORIES
KEY MICRO-NUTRIENTS



CALCIUM
MAGNESIUM
SELENIUM
RIBOFLAVIN
VITAMIN B12
VITAMIN B5



* Calculated for a child with moderate physical activity.

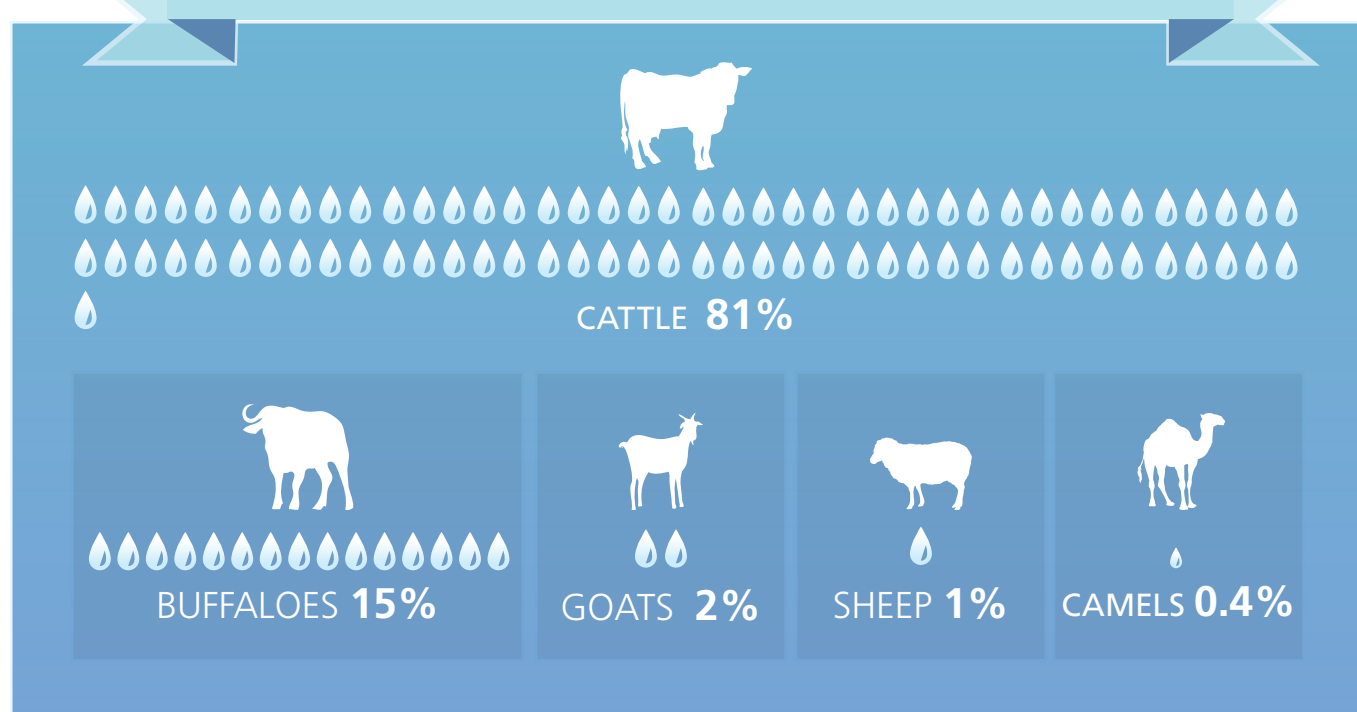
Sources:

FAO/WHO/UNU. 2007. Joint WHO/FAO/UNU Expert Consultation on protein and amino acid requirements in human nutrition.

WHO Tech Rep Ser, 935:1-265.

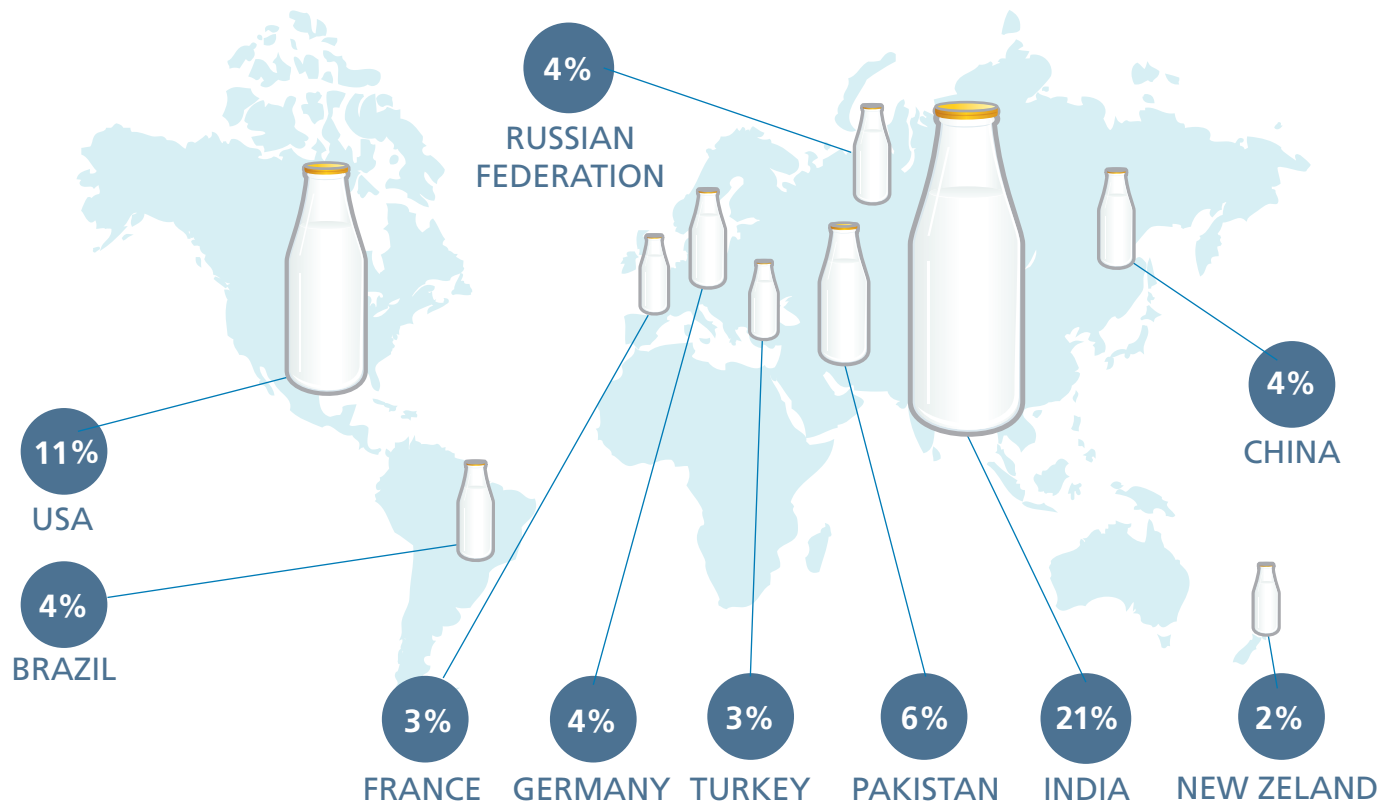
FAO/WHO/UNU. 2004. Human energy requirements. Report of a Joint FAO/WHO/UNU Expert Consultation, Rome, 17-24 October 2001.

GLOBAL MILK PRODUCTION BY SPECIES (2019)



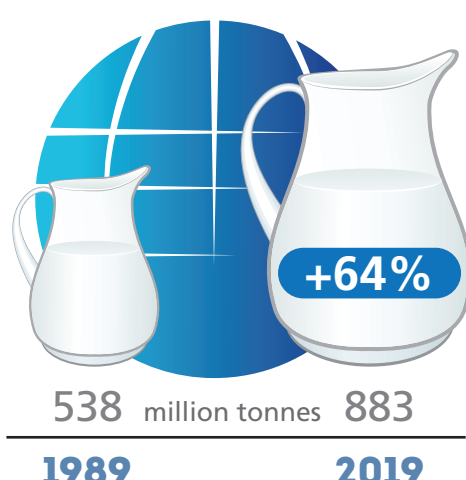
TOP 10 MILK PRODUCERS (2019)

These countries produce about 62% of world production

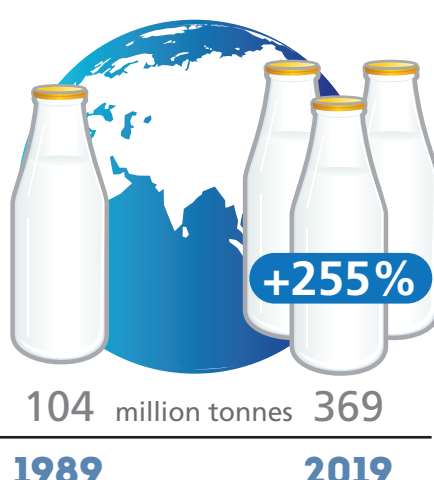


MILK PRODUCTION IN THE LAST THREE DECADES

WORLDWIDE

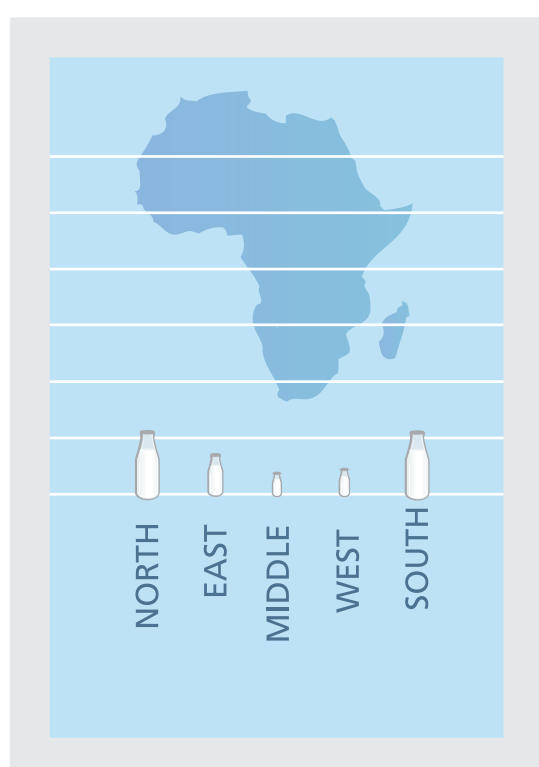


ASIA

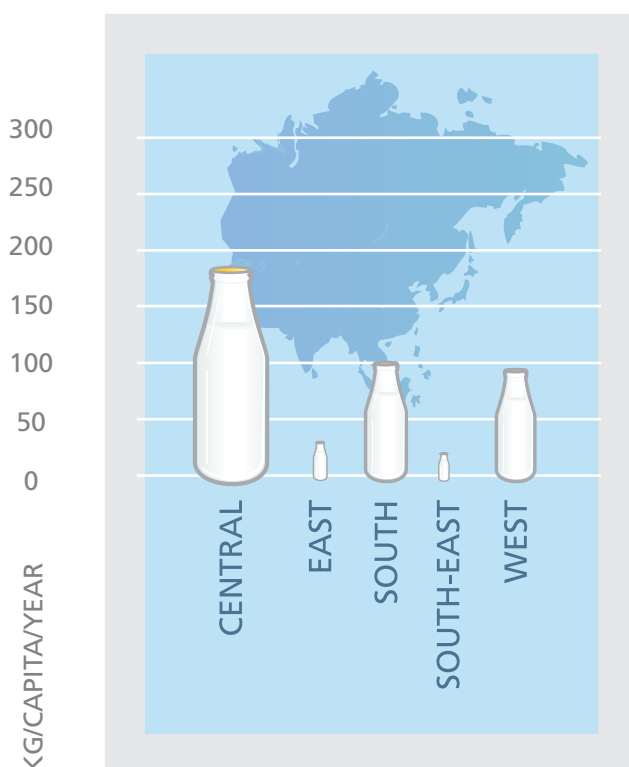


PER CAPITA MILK CONSUMPTION* (2018)

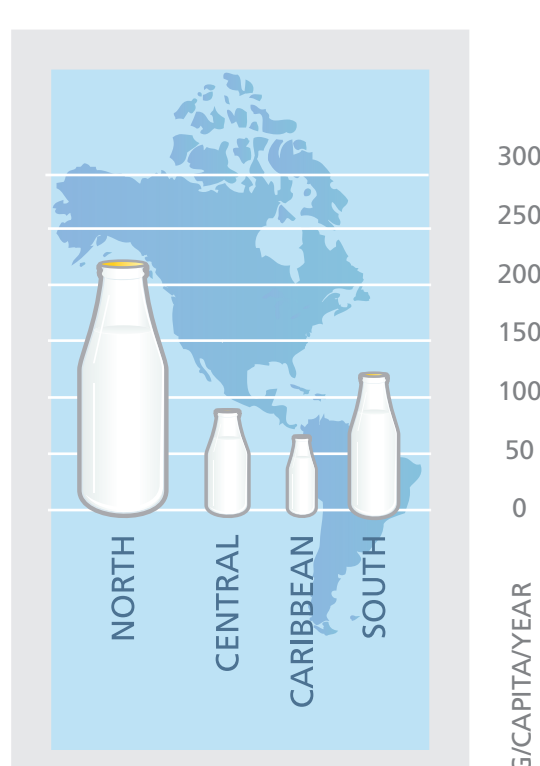
AFRICA



ASIA



AMERICA



AUSTRALIA NEW ZEALAND



EUROPE



* Milk and milk products, excluding butter

<http://www.fao.org/dairy-production-products/en/>



Food and Agriculture
Organization of the
United Nations



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