

MILK

supplies essential micronutrients and contributes to healthy diets

A glass of milk per day provides



Children (1-5 years)

Calcium: 41-57%
Magnesium: 28-46%
Vitamin A: 22-25%
Vitamin B12: 69-139%

Adults (19-65 years)

Calcium: 22-29%
Magnesium: 11-13%
Vitamin A: 18-22%
Vitamin B12: 52%

School children and adolescents (6-18 years)

Calcium: 22-41%
Magnesium: 13-28%
Vitamin A: 18-22%
Vitamin B12: 52-69%

Pregnant women

Calcium: 24%
Magnesium: 13%
Vitamin A: 14%
Vitamin B12: 48%

Older adults (> 65 years)

Calcium: 22%
Magnesium: 12-14%
Vitamin A: 18%
Vitamin B12: 52%

Milk contains important micronutrients

Calcium supports a healthy heart and healthy bones

Vitamin A helps the body to recover more quickly from illness and is important for healthy eyes, skin, gut and lungs

Vitamin B12 is needed for neurodevelopment and supports blood cell formation

Magnesium is needed for heart health and the functioning of muscles and the nervous system

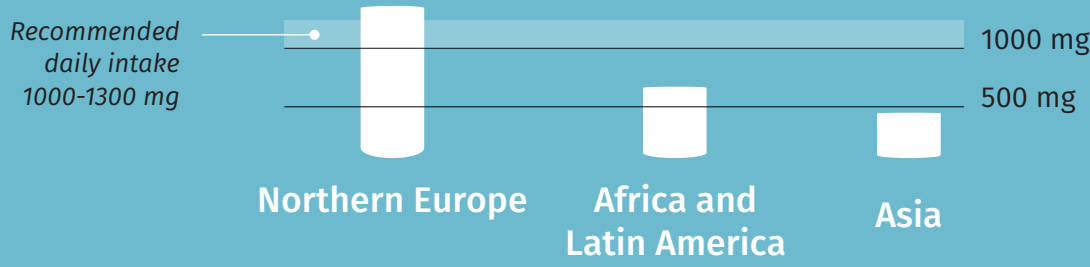
Milk helps to prevent calcium deficiency

Causing low bone density (osteoporosis) and loss of mobility



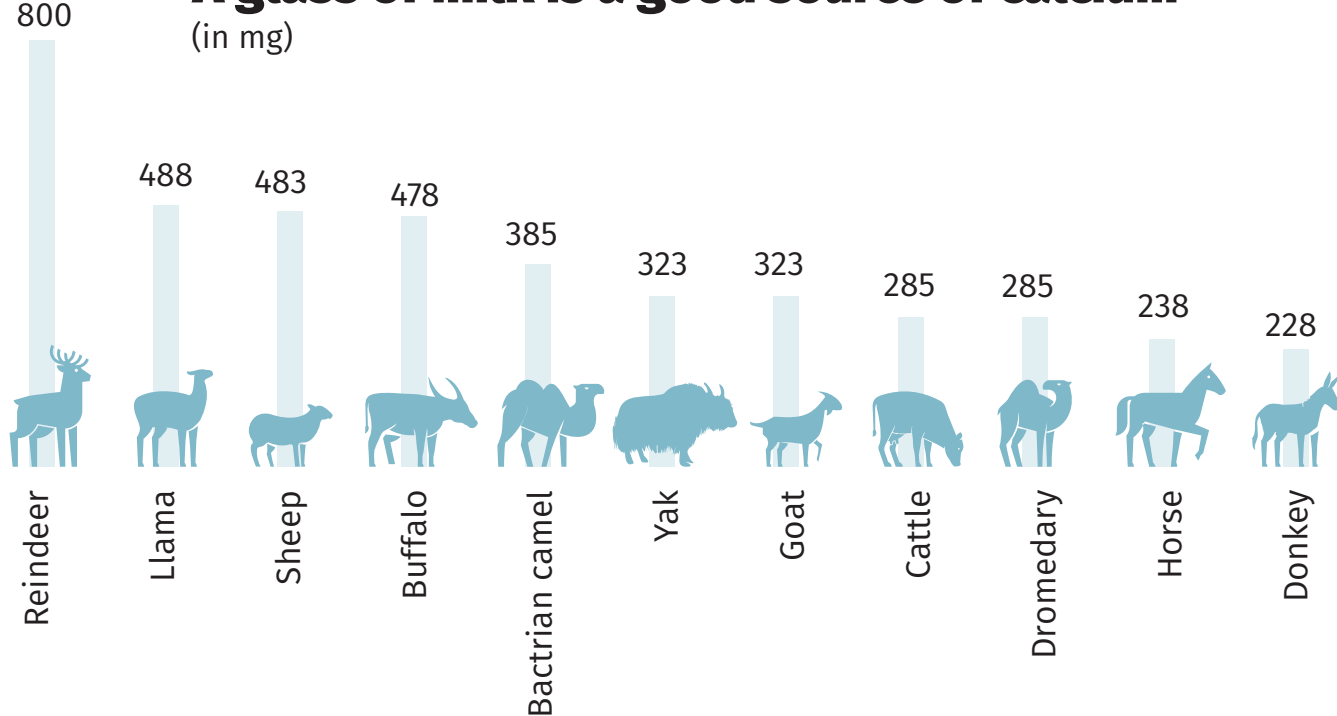
around **50%** of the world's population are at risk of calcium deficiency
90% of them reside in Africa and Asia

Daily dietary calcium intake of adults

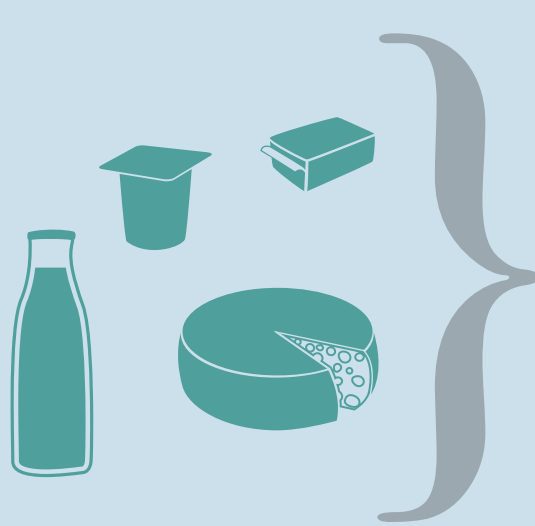


A glass of milk is a good source of calcium

(in mg)



Bioavailability and absorption of calcium



Milk, yogurt and cheese provide high levels of bioavailable calcium in a single serving

Healthy diets including milk and dairy products are generally the most calcium-rich option to prevent negative health effects associated with calcium deficiency



Vitamin D, found in eggs, meat, mushrooms and oily fish supports calcium absorption



Contribution of food servings to the daily calcium intake recommendation

