A glass of milk per day provides essential micronutrients and contributes to healthy diets

Children (1-5 years)
- Calcium: 34-56%
- Magnesium: 28-38%
- Vitamin A: 16-22%
- Vitamin B12: 69-139%

School children and adolescents (6-18 years)
- Calcium: 22-41%
- Magnesium: 13-28%
- Vitamin A: 18-22%
- Vitamin B12: 52-69%

Adults (19-65 years)
- Calcium: 22-29%
- Magnesium: 11-13%
- Vitamin A: 18-22%
- Vitamin B12: 52%

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%

School children and adolescents (6-18 years)
- Calcium: 22-41%
- Magnesium: 13-28%
- Vitamin A: 18-22%
- Vitamin B12: 52-69%

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
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Bioavailability and absorption of calcium

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

Contribution of food servings to the daily calcium intake recommendation

- Milk, yogurt and cheese provide high levels of bioavailable calcium in a single serving
- Vitamin D, found in eggs, meat, mushrooms and oily fish supports calcium absorption

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