

ALL ABOUT DAIRY



HEALTH BENEFITS OF DAIRY

Dairy is packed with nutrients like calcium and vitamin D, which help build strong bones and teeth, and also provide protein for growth.

Nutrition Facts	
Portion Size	244 g
Amount Per Portion	
Calories	105
% Daily Value *	
Total Fat 2.3g	3 %
Saturated Fat 1.4g	7 %
Cholesterol 12mg	4 %
Sodium 95mg	4 %
Total Carbohydrate 13g	5 %
Dietary Fiber 0g	0 %
Sugar 12g	
Protein 8.3g	17 %
Vitamin D 2.7mcg	14 %
Calcium 307mg	24 %
Iron 0mg	0 %
Potassium 388mg	8 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	



WHAT IS DAIRY?

Dairy is foods and beverages containing the milk of mammals, primarily cows, goats, and sheep.

STORAGE OF YOUR DAIRY PRODUCTS

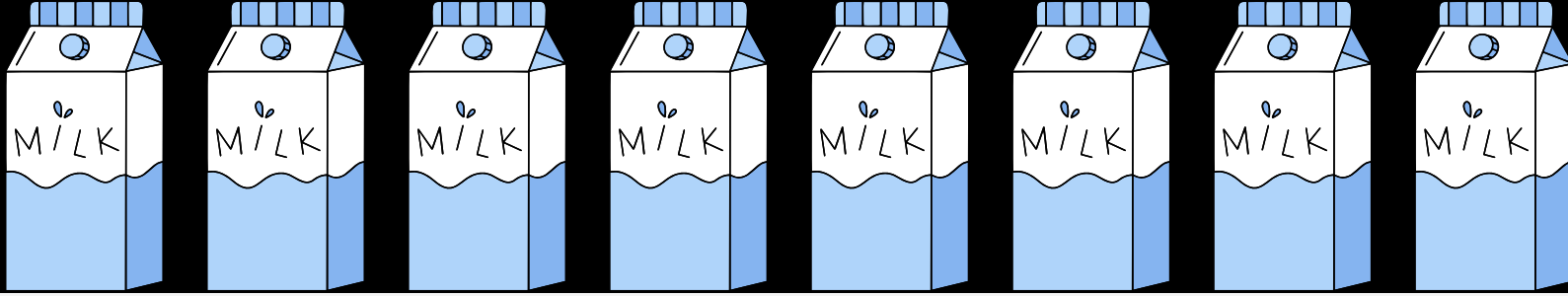
Store milk between 35–40° F and in the back of the fridge (instead of by the door) to maximize freshness. The milk sell-by date is the last day the grocery store should sell the product. You can still use it up to one week past this date when properly refrigerated.



*WHAT DID THE FARMER
SAY TO THE CALF?
IT'S PASTURE BEDTIME.*

yum!





delicious!



FUN FACTS

- The first dairy cow arrived in America in Jamestown in 1611. Until the 1850's nearly every family had its own cow.
- June is National Dairy Month.
- All 50 states have dairy farms.
- The average cow produces 8 gallons of milk per day, that's over 100 glasses of milk!
- It only takes about 5-7 minutes for a cow to be milked.
- You can lead a cow upstairs, but not downstairs- their knees can't bend properly to walk downstairs.
- Cow's milk is nearly 90 percent water, but it also contains protein, fat and minerals.
- In 1856, French scientist Louis Pasteur discovered that heating liquids to high temperatures kills bacteria. This process is called pasteurization, and it protects the purity and flavors of milk.



DAIRY IN SOUTH DAKOTA

- In South Dakota there are 174 dairy farms.
- 127,325 dairy cows live in South Dakota. They produce 2.4 billion pounds of milk.
- The dairies in South Dakota are on the Eastern side of the state: Milbank, Frankfort, Lake Norden, Brookings, Hoven, Freeman, Pollock, Dimock and Sioux Falls.

DAIRY BARN FACTS

- Most dairy barns use advanced ventilation systems to ensure healthy air quality.
- Dairy cows always have access to clean water while in the housing area.
- Dairy farmers provide a clean, dry, well-lit and well-ventilated separate calving area to ensure comfortable and safe conditions for both mother and calf.
- Dairy cows are not routinely treated with antibiotics.
- Every tanker load of milk is strictly tested for antibiotics.
- Dairy farmers depend on healthy cows.

