

# ALL ABOUT DAIRY



Nutrition Facts	
Portion Size	244 g
Amount Per Portion	
<b>Calories</b>	<b>105</b>
% 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.

## 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 farmers provide a clean, dry, well-lit and well-ventilated separate calving area.
- Dairy cows are not routinely treated with antibiotics.
- Every tanker load of milk is strictly tested for antibiotics.
- Dairy farmers depend on healthy cows.



## 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.

## 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.