

MILK HAS SUPERPOWERS!

Nutrients = Food's Tiny Superpowers

They help your body and brain grow strong, heal and feel energized!



Milk has super nutrients like these!



POTASSIUM

Improves brain function & strengthens bones



CALCIUM

Strengthens bones & teeth



VITAMIN D

Helps absorb calcium & supports immunity



PROTEIN

Builds muscles & gives energy



DON'T WASTE A DROP- POWER UP!