

OREGON MILK

There are approximately
123,000 dairy cows in Oregon.

A dairy cow needs to drink
about a bathtub's worth
of water every day!

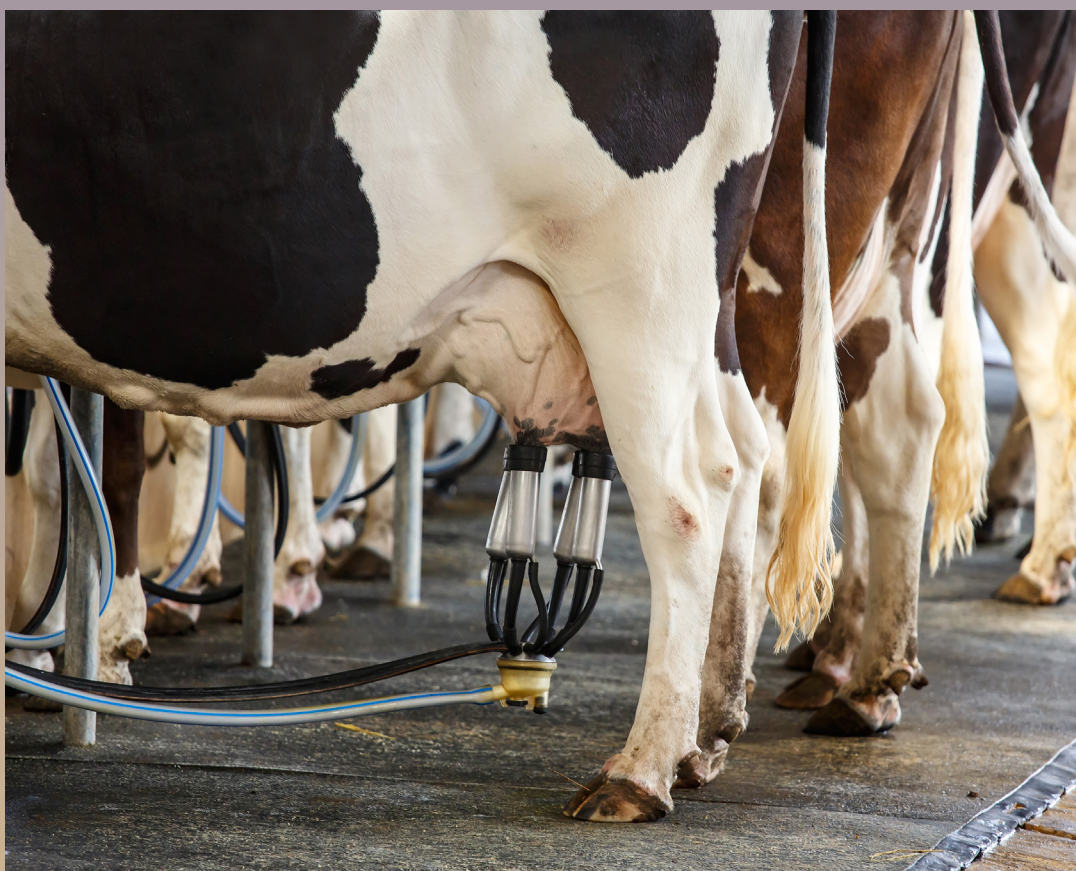
NUTRIENTS FOUND IN MILK

- ~ Milk is a good source of protein - there are about 8 grams of protein in each cup of milk.
- ~ Just one glass of milk can provide 30% of the calcium you need in a day. Calcium is necessary for building strong bones!
- ~ Milk is rich in vitamin B-12, which helps your body maintain healthy nerves. One cup of milk has 20% of the recommended daily amount!
- ~ Skim milk has all of the vitamins and nutrients of whole milk, but not the fat.



There are 6 main
breeds of dairy cattle.
In Oregon, the most
common breeds are
Jersey and Holstein.

In 1864 Louis Pasteur
invented a process called
pasteurization which helped
create a safer milk supply.



A cow can produce around 7 gallons of
milk a day. That comes to about 112
school milk cartons per cow, per day!



Milk is used to make all sorts of dairy
products including cheeses, ice cream,
yogurt and more.



It takes just two days for milk to get from
the cow to the grocery store.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2015 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.