

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.



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