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

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

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

There are approximately 123,000 dairy cows in Oregon.