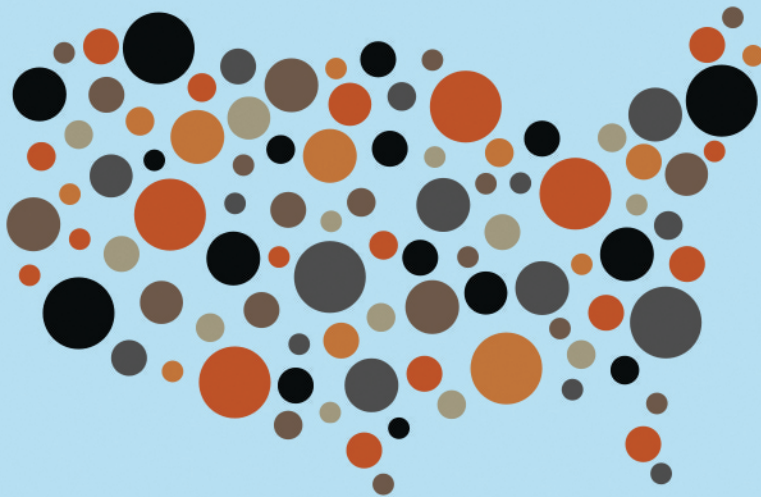


FUN FACTS ABOUT DAIRY COWS

We have dairy cows and farmers to thank for the milk that goes into many of our favorite foods, including milk, cheese, yogurt, ice cream, and more! Here are a few fun facts about dairy cows and the foods they allow us to enjoy.



There are nearly
10 MILLION DAIRY COWS
in the U.S. today.

The **MOST COMMON DAIRY COW BREEDS** in the U.S. are:



HOLSTEINS



JERSEYS



GUERNSEYS



BROWN SWISS



AYRSHIRE



Just like our fingerprints are unique,
no two holsteins have the same spot pattern.

6.5

HOURS PER DAY,
approximately, a cow
spends eating

2-3

TIMES A DAY
cows are milked

4

NUMBER OF PARTS
that make up a cow's
unique stomach



Milk is **PASTEURIZED** to kill bacteria by quickly heating it to 161°F for 15 seconds and then rapidly cooling it.

It only takes **2 DAYS** for milk to get **FROM COW TO GROCERY STORE.**



Milk is made into a variety of dairy products, including white and chocolate milk, buttermilk, cheese, cottage cheese, yogurt, ice cream and frozen yogurt, butter, cream, sour cream, whipped cream, and more!

WHAT DAIRY DOES FOR YOU

One cup of ice-cold milk provides, as a percent of the recommended daily value:

30%

CALCIUM
for strong bones

24%

RIBOFLAVIN
for healthy skin

16%

PROTEIN
for strong muscles

10%

VITAMIN A
for night vision



3 SERVINGS of dairy each day are recommended for students age 6 to 10 to get the nutrients they need.

Learn more about dairy cows, dairy farmers, and dairy's role in a nutritious diet at stldairycouncil.org

