

DAIRY *GOOD FOR THE BODY, GOOD FOR THE EARTH.*

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THE POWER OF DAIRY PROTEIN

Eating before and after a workout is important! You are asking your body to work hard for you, and it needs the right fuel for top performance. Dairy fits the bill.

THE IMPORTANCE OF LEUCINE

Leucine is an essential amino acid that is important for muscle synthesis. Aim for 2-3 grams of leucine and 20-30 grams of protein in every meal. Dairy is a powerful provider of leucine and protein.

Food	Serving Size	Leucine (grams)	Protein (grams)
Almonds	1 ounce	.42 g	6 g
Egg	1 large	.54 g	6 g
Low Fat Chocolate Milk	8 ounces	.8 g	8 g
Cheddar Cheese	1 ½ ounces	.8 g	10 g
Navy Beans	½ cup	.84 g	7.5 g
Low Fat Cottage Cheese	½ cup	1.4 g	14 g
Low Fat Yogurt	8 ounces	1.6 g	12 g
Whey Protein Isolate	1 scoop	2.5 g	20 g

THE BEST RECOVERY FUEL? LOW-FAT CHOCOLATE MILK!

Chocolate milk within 30 minutes for carbs, protein and electrolytes.



Explore more ways dairy can fit into a healthy lifestyle:



Your glass of milk is becoming more sustainable.

The distance between the dairy farm and your fridge is shorter — and more sustainable — than you think. Here's how dairy processors are fostering the health of humanity **and** the planet.

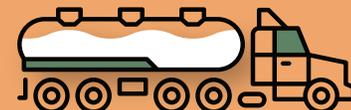


U.S. dairy contributes less than



2% of all greenhouse gas emissions in America.

The U.S. dairy industry supports over **3 million jobs**.



There are around **32,000** dairy farms in America.



Most milk is produced from cows within **300 miles** of where it's sold.



Milk usually arrives on grocery shelves within **48 hours**.



IN 2017

Producing **1 gallon of milk** involved



30% less water



21% less land



19% less greenhouse gas emissions

THAN IN 2007

got milk?

gonnaneedmilk.com

By 2050, the dairy industry has committed to **3 sustainability goals**:

- 1 Become carbon neutral.
- 2 Optimize water use while maximizing recycling.
- 3 Improve water quality.



MILK
MEANS MORE
MilkMeansMore.org