



Idaho is the 2nd largest **milk** producing state in the twelve western U.S. states and the nations 4th largest **milk** producer. Dairy is Idaho's #1 agriculture business. Each year Idaho dairy farmers produce around 10 billion pounds of **milk**. In order to produce this much **milk** many dairy farms have to **milk** cows 24 hours a day 7 days a week.

Milk contains 8 major essential nutrients in addition to calcium, which is important for children's growth and development. Peak bone mass development occurs between 9-18 years of age, so consuming the recommended 3 servings of dairy foods a day helps build bone mass reducing the risk of bone fractures and protects against osteoporosis later in life. People with osteoporosis have bones that are weak and that can easily break.

Fun Facts:

- A cow's udder holds between 25 to 50 pounds of **milk**.
 - Cows have 4 stomachs.
- An average dairy cow produces about 90 glasses of **milk** in one day, and about 200,000 glasses of **milk** in her life time.





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As you grow tall and strong, don't forget to drink milk at least three times each day. Drinking milk helps bones and bodies grow strong and healthy.





Dairy Farmer!

**Real Cool, that's me! One cow produces about 90 glasses of milk every day! That's cool too...
Milk.. It does a body good!**



