

Feed the people. Protect the planet.

From farm to table, dairy is a pivotal solution for sustainable nutrition.



A true superfood. Milk is a good source of thirteen essential nutrients – including three Americans are lacking - calcium, vitamin D, and potassium.



Amazingly affordable. Milk costs around 25 cents per 8-ounce glass.



Efficient for humans and cows. Dairy farmers routinely feed their cows byproducts such as almond hulls, canola meals, citrus pulp and more. These products which were once thrown away by humans, have nutritional value to cows.



Local. Family. Farming. 94% of American dairy farms are owned by families just like yours. They care deeply about creating high-quality dairy products while caring for their cows and the land they'll pass on to their children.



Quality animal care. Cows are the center of the dairy farm and caring for them is a passion and a priority. Dairy farmers work 365 days a year making sure they have nutritious food, clean water, comfortable bedding and regular veterinary care.



Improved environmental efficiency. Producing a gallon of milk in 2017 required 30% less water, 21% less land and a 19% smaller carbon footprint than it did in 2007.



What is sustainable nutrition? Simply put, sustainable nutrition is the ongoing science-based pursuit to providing affordable, accessible, nutrient-rich foods that can nourish the world's growing population and support our farmers while also protecting environmental resources now and for future generations.

Why sustainable nutrition? Sustainable nutrition means nothing if we can't sustain the very farms that provide our food, fiber and fuel. Dairy farmers take pride in protecting the land, caring for their animals and producing high-quality milk.

Farmers feed us in more ways than one.

Learn more at AmericanDairy.com.



**AMERICAN DAIRY
ASSOCIATION** NORTH
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