

INCREDIBLE EDIBLE IDAHO

DAIRY



IDAHO DAIRY FACTS:

Dairy is Idaho's #1 agriculture business.

Idaho is the 3rd largest producer of milk and cheese in the entire U.S.

An Idaho milk cow produces over 120 cups (or 8 gallons) of milk each day!

Dairy cows are milked for an average of 3-4 years and must have a calf each year in order to produce milk.

If Idahoans had to drink all the milk produced in the state every man, woman, and child would have to drink 40 glasses of milk every day of the year!

DAIRY NUTRITION FACTS:

Calcium helps build strong bones and teeth. It is also needed so muscles, like your heart, can contract.

Dairy foods provide a powerful package of nine essential nutrients—including calcium, potassium, phosphorus, protein, vitamins D, A, B12, riboflavin, and niacin.

"3 Every Day" is the easy way to remember that three daily servings of milk, cheese or yogurt will help most children and adults meet calcium needs while supplying an abundance of other essential nutrients.

It is important to consume dairy foods every day, consuming recommended servings of dairy foods reduce the risk of bone fractures in growing children.



**Top counties where dairy is produced:
Cassia, Jerome, Gooding, Twin Falls,
Lincoln, Canyon, Ada, Owyhee**

