

Milk

Milk is part of the dairy food group

Milk is a nutrient dense beverage that provides protein, calcium, potassium, vitamins A and D, and other vitamins and minerals.

Many athletes use milk to refuel tired bodies. It is a high-quality source of energy, protein, and electrolytes.



The University of Georgia (UGA) has a Department of Animal and Dairy Science that provides support and research for Georgia's dairy industry. UGA even has an Animal and Dairy research farm located in Tifton, GA.

Dairy is one of Georgia's top 10 commodities by value.

UGA's 2019 Farm Gate report lists Burke, Macon, and Brooks counties as the top 3 counties by value for dairy in Georgia.

References and links to more information:

<https://extension.uga.edu/topic-areas/animal-production/dairy.html>
<https://www.myplate.gov/eat-healthy/dairy>



Georgia Department of Education School Nutrition

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