

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.

Georgia is home to about 92,000 dairy cows.

Georgia's 2021 Farm Gate Value Report lists Macon, Burke, and Brooks counties as the top three counties by value for dairy in Georgia.

