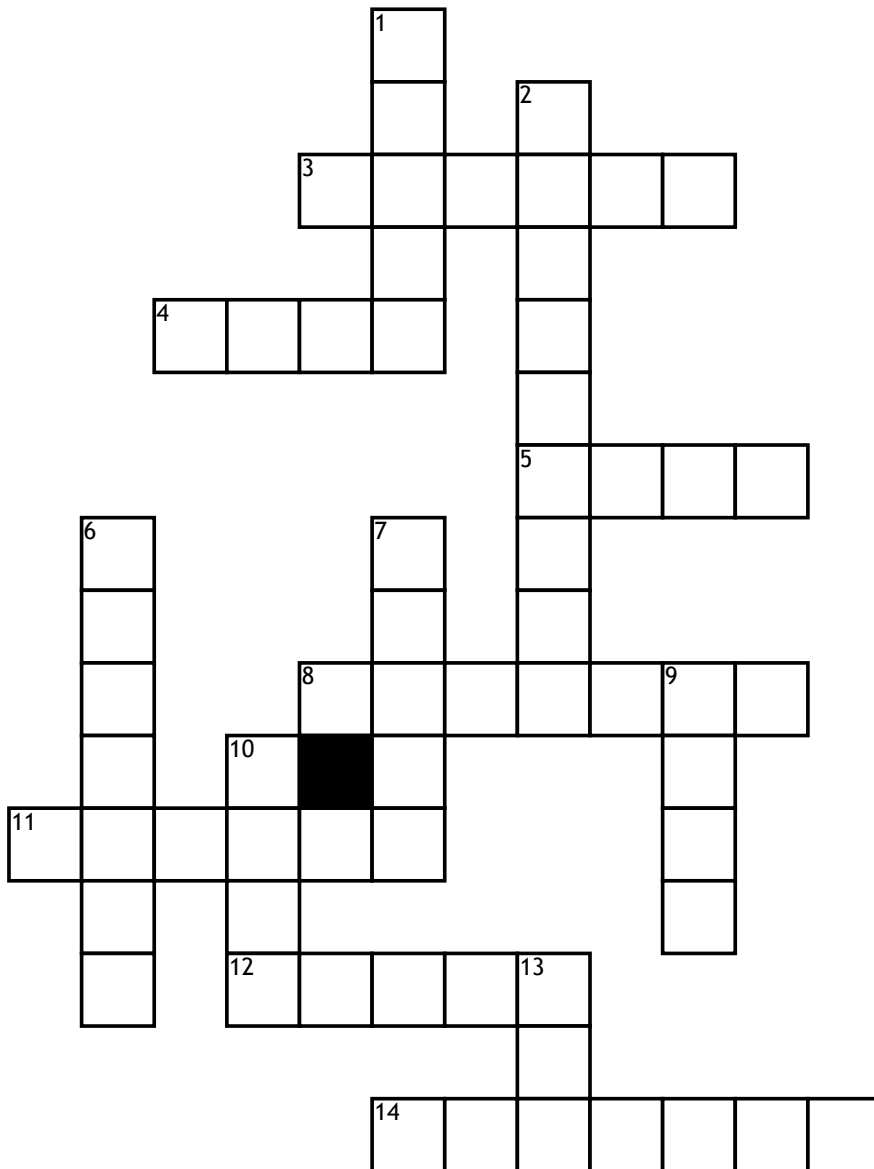


# Milk



## Across

3. Niacin help's the body's enzymes function normally by converting nutrients into \_\_\_\_.
4. Dairy milk comes from \_\_\_\_.
5. Milk is one of the original \_\_\_\_-to-table foods, a wholesome and simple, minimally processed beverage.
8. The naturally occurring sugar in milk.
11. Vitamin A is important for good \_\_\_\_, healthy skin and a healthy immune system.

12. Milk is an excellent source of vitamin D, with 30% of the Daily Value in each \_\_\_\_-ounce glass.

14. The high quality \_\_\_\_ in milk helps build and maintain lean muscle.

## Down

1. At just about 25 \_\_\_\_ per glass, milk offers more nutritional value than just about any other beverage you can buy.
2. Getting enough protein at \_\_\_\_ helps you stay fuller, longer.
6. Eight ounces of milk has as much \_\_\_\_ as 10 cups of raw spinach.

7. Pouring at least one glass of milk each day could not only boost your intake of much-needed key nutrients, but it could also positively impact your \_\_\_\_ and mental performance.

9. Flavored milk has the \_\_\_\_ nutrients as white milk.

10. One 8-ounce serving of milk has \_\_\_\_ essential nutrients.

13. Milk typically arrives on grocery store shelves in just \_\_\_\_ days, from many family-owned and operated dairy farms.