



# Foodie Friday

June is **National Dairy Month!**

Let's talk about it.



**Canada is home to 12,529 dairy farms with about 1 million cows.**



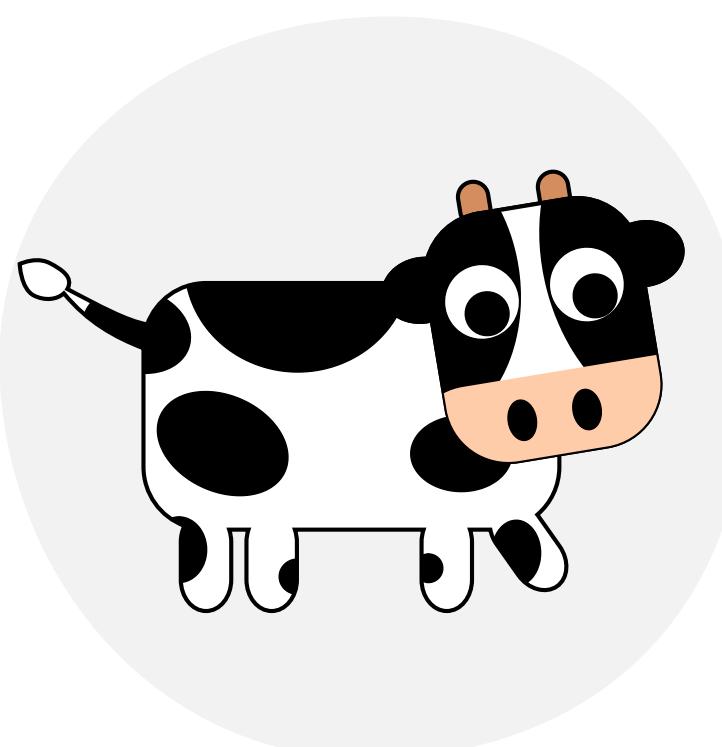
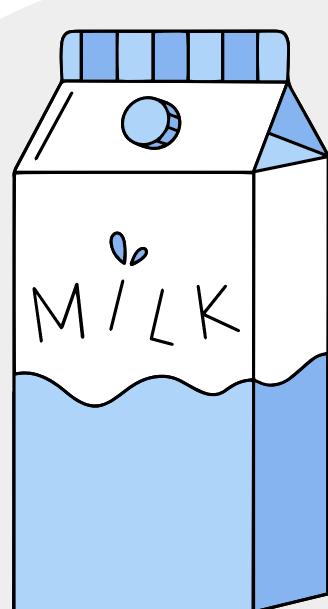
**Over 700 varieties of cheese are produced in Canada.**



**The province of Quebec produces the most dairy products.**



## DID YOU KNOW?



**There are strict regulations and laws that prohibit the use of antibiotics in Canadian milk products.**

**Canadian dairy farmers and veterinarians work together to ensure all animals are well taken care of.**

**Milk consists of about 87% water with the remaining 13% being protein, fat, carbohydrates, vitamins and minerals.**

# Nutrition

## Nutrition Facts

Serving size	Milk (250ml)
Amount Per Serving	
<b>Calories</b>	<b>110</b>
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1.6g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 115mg	5%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes 0g Added Sugars	0%
<b>Protein 9g</b>	<b>18%</b>
Vitamin D 2.6mcg	15%
Calcium 307mg	25%
Iron 0.1mg	0%
Potassium 387mg	8%
Vitamin A	15%
Riboflavin	35%
Vitamin B12	45%
Phosphorus	20%
Magnesium	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

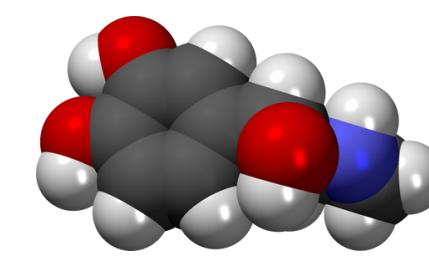
Dairy products are rich in protein.



Tissue repair



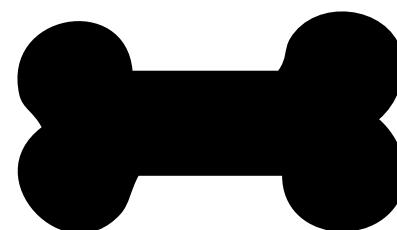
Muscle strength



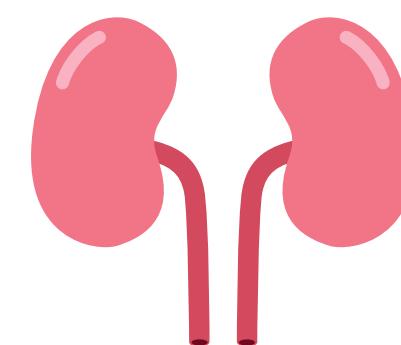
Hormone production



Dairy products are a source of important minerals such as phosphorus.



Production and maintenance of bone and teeth



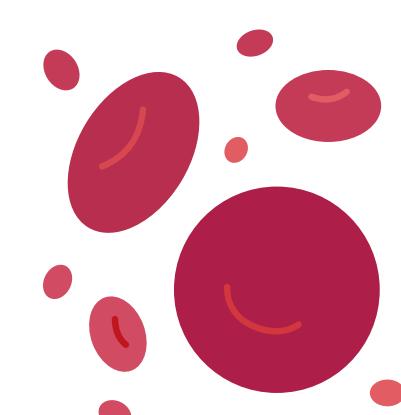
Removal and waste filtration in the kidneys



Dairy products are also a source of vitamins including vitamin B12.



DNA production



Red blood cell formation



Click on each name for the recipe!

## Recipes

### Tzatziki

### Baked Macaroni and Cheese

### Homemade Mozzarella

### Yogurt Cake

### Cream of Chicken Soup