



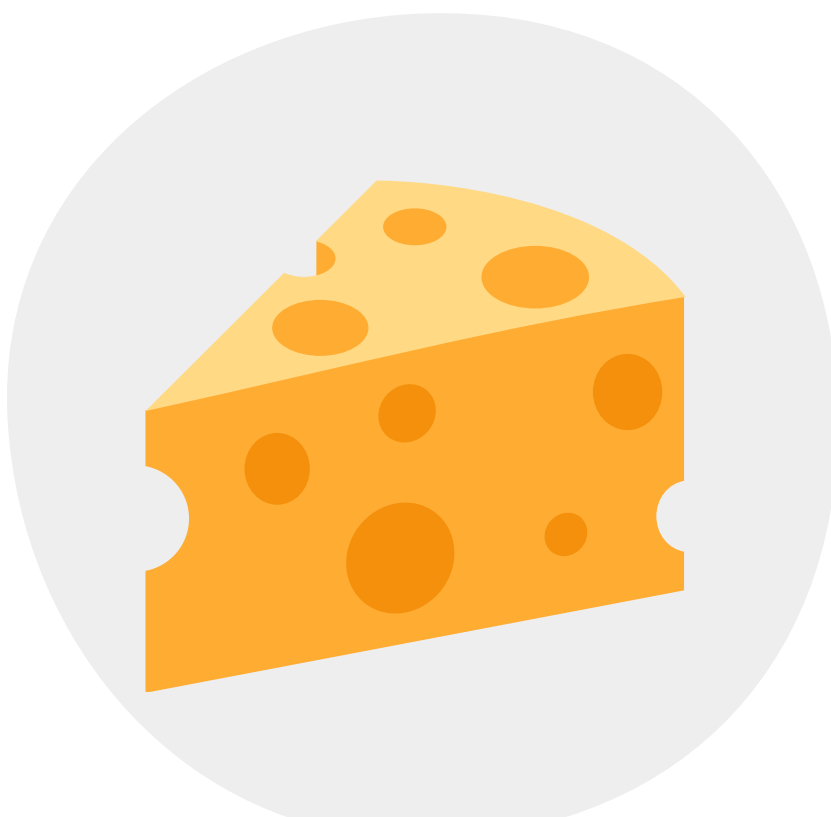
= Foodie Friday =

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.



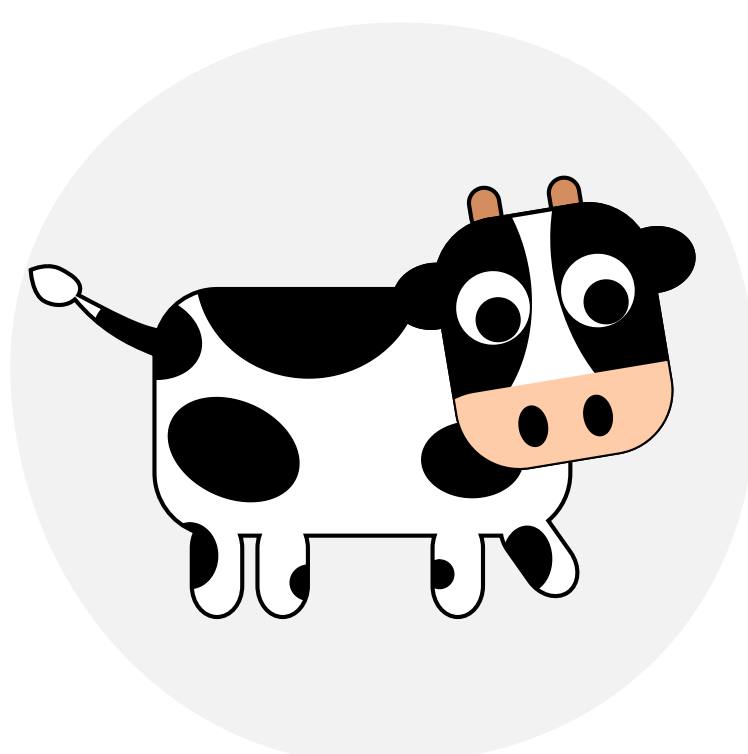
The province of Quebec produces the most dairy products.



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.

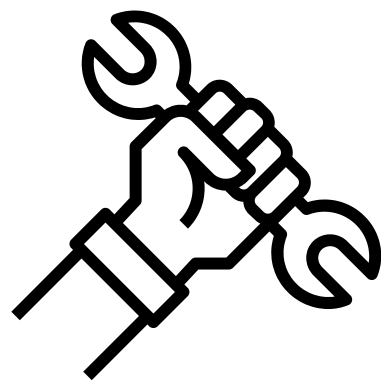


Milk consists of about 87% water with the remaining 13% being protein, fat, carbohydrates, vitamins and minerals.

Nutrition

Nutrition Facts	
Serving size	Milk (250ml)
Amount Per Serving	
Calories	110
% 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%
Protein 9g	18%
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.	

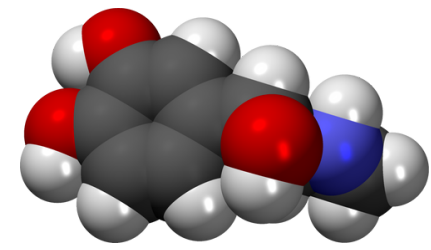
Dairy products are rich in protein.



Tissue repair



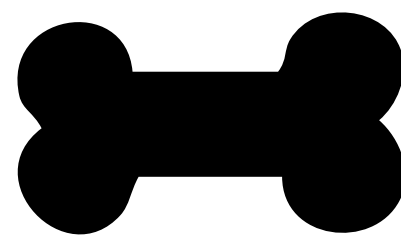
Muscle strength



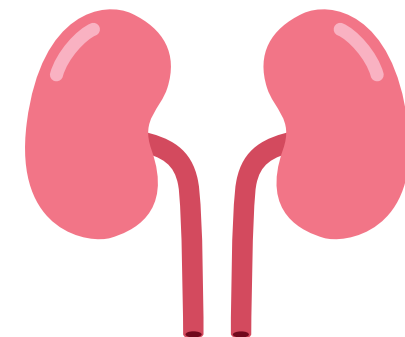
Hormone production



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



Production and maintenance of bones and teeth



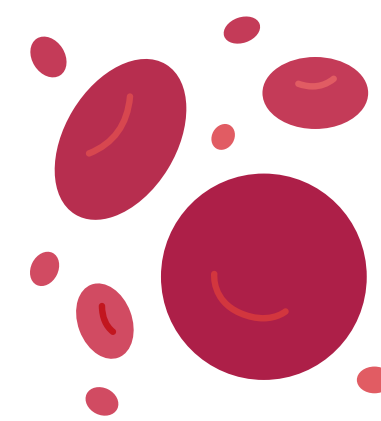
Removal and waste filtration in the kidneys



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