What is “Sustainable Nutrition”? Sustainable Nutrition is the ongoing science-based pursuit for solutions that are...

**Good for You**
- Nourishment
- Health and well-being

**Good for the Community**
- Affordable food
- Creates jobs

**Good for the Planet**
- Protect and preserve natural resources
- Recycle products

Sustainable Nutrition is the intersection of **agriculture**, **food production** and **nutrition**.

The dairy community works together to ensure farmland, animals and people are well nourished. Michigan dairy farmers are mindful of the planet and committed to producing better food through responsible practices.
**GOOD FOR YOU**

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- **Milk** is a nutrient powerhouse, providing high-quality protein and other essential vitamins and minerals.
- **Protein** helps to build, repair and maintain your muscles.
- **Calcium** found in dairy foods supports strong bones and teeth, helping reduce the risk of stress fractures now and osteoporosis later in life.
- **Vitamin D** helps absorb calcium for healthy bones.
- **Vitamin A** is important for good vision, healthy skin, and a healthy immune system.

To learn more about Michigan dairy community’s commitment to fostering a more sustainable future visit: [WWW.MILKMEANSMORE.ORG](http://WWW.MILKMEANSMORE.ORG)
Dairy farmers care about the environment and use food by-products in their cow feed. This saves precious landfill space and nourishes the cows.

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97% of Michigan dairy farms are family owned.

Milk is local. Most of the fresh, wholesome milk you buy in Michigan is locally produced.

Milk is affordable. An 8-ounce serving of milk costs about 20 cents packed with electrolytes and protein. It’s less expensive than sports drinks and more hydrating than water!*

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Dairy farming contributes over $15 billion to the Michigan economy, with about 90,000 dairy-related jobs.*

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*Data on file.
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U.S. dairy farms contribute just 2% of total greenhouse gas emissions.*
Cows even recycle carbon!

The U.S. dairy industry has decreased its water footprint by more than 65% over the past several decades.* Michigan’s dairy community cares about protecting waterways.

Dairy farmers are innovative recyclers and feed cows leftovers, such as cotton seeds, that would otherwise be sent to a landfill.

Dairy cow manure is a natural fertilizer that returns nutrients back to the soil to grow feed for the cows.

Healthy cows are happy and productive cows. Dairy farmers take excellent care of their cows, providing their animals clean housing and fresh food and water.

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