1. About 73% of calcium available in the food supply is provided by milk and milk products.

2. Milk is packed with essential nutrients including protein, calcium and vitamin D.

3. Chocolate milk’s combination of fluids, carbs, and protein helps rehydrate and refuel muscles after a workout.

4. It takes...
   » 12 pounds of whole milk to make 1 gallon of ice cream.
   » 21.2 pounds of milk to make 1 pound of butter.
   » 10 pounds of milk to make 1 pound of cheese.

5. Cheddar is the most popular natural cheese in the U.S.

6. Vanilla is America's favorite flavor of ice cream.

7. To get the same amount of calcium provided by one 8-ounce glass of milk, you would have to eat 4.5 servings of broccoli, 16 servings of spinach or 5.8 servings of whole wheat bread.

8. The first cow arrived in America in Jamestown in 1611. Until the 1850’s nearly every family had its own cow.


10. All 50 states have dairy farms.

11. 97% of U.S. dairy farms are family-owned and operated.

12. Milk arrives at your local grocery store within 48 hours of leaving the farm.

13. There are 6 breeds of dairy cows: Holstein, Jersey, Guernsey, Brown Swiss, Ayrshire and Milking Shorthorn.

14. A Holstein’s spots are like fingerprints—no two cows have exactly the same pattern of black and white spots.

15. The average cow produces 8 gallons of milk per day, that’s over 100 glasses of milk!

16. Cows are milked 2-3 times a day.
35 UNDENIABLY FUN FACTS ABOUT DAIRY

17. It only takes about **5-7 minutes** for a cow to be milked.
18. Cows drink **30-50 gallons** (about a bathtub full) of water each day!
19. An average dairy cow weighs **1,200 pounds**.
20. A cow has **one** stomach with **four** compartments.
21. Cows eat about **100 pounds** of feed a day, which is like eating 600 peanut butter and jelly sandwiches!
22. The average cow chews about **50 times** a minute.
23. Cows have **32 teeth** total, but they do not have top front teeth. Instead, they have a tough pad.
24. Dairy cows can produce **125 pounds** of saliva a day.
25. Cows are **red-green color blind**, which means they cannot see red.
26. Cows have almost total **360°** panoramic vision.
27. A cow’s normal body temperature is **101.5°F**.
28. Cows prefer temperatures between **40-65°F**.
29. Cows **cannot sweat**—they lose heat through their breath.
30. Cows are pregnant for **9 months**, just like people.
31. The average cow is **2-years-old** when she has her first calf.
32. Cows have an acute sense of smell—they can smell up to **6 miles** away!
33. You can lead a cow **upstairs**, but not **downstairs**—their knees can’t bend properly to walk downstairs.
34. Did you eat something spicy? **Milk is better for cooling your mouth** than water because of the protein casein—it cleanses your taste buds.
35. Cows spend **30 minutes** drinking, **3-5 hours** eating and **12-14 hours** resting each day.