

HOW ONE COW CONTRIBUTES TO A SUSTAINABLE FOOD SYSTEM

NUTRITION & HEALTH BENEFITS

Few foods deliver dairy's powerhouse of nutrients in such an affordable, delicious and readily available way.

1 cow produces on average
144 servings of milk per day.

Dairy intake is associated with:

- Strong bones and teeth
- Reduced risk of cardiovascular disease and type 2 diabetes
- Lower blood pressure in adults

That's enough to provide
48 people with
3 daily servings
of low-fat milk.



And this would deliver:

- **90% DV** for calcium
- **90% DV** for vitamin D
- **30% DV** for potassium
- **48% DV** for protein

+ additional nutrients essential for health

Milk is
~17¢ per
serving

DV: Daily Value

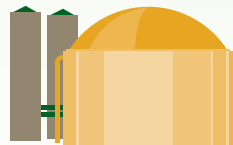
NUTRIENT MANAGEMENT

Rich in nutrients, cow manure fertilizes the land for growing more crops for people and animals.



1 cow produces
17 gallons
of manure per day.

That's enough
fertilizer to grow
56 pounds of corn or
84 pounds of tomatoes.



TAKING IT FURTHER

Manure is also becoming a source of additional value. Anaerobic digester systems convert manure and commercial food waste into:

- > Electricity
- > Fuel for cars and trucks
- > Fertilizer and fiber

75% of a cow's diet is not consumable by humans.

By-products from the human food and fiber industries (e.g., citrus pulp and cottonseed) are converted to milk rather than sent to landfills.



VALUE FROM BY-PRODUCTS

Having four stomachs means cows can recycle food that people can't eat.

Sources Nutrition: A. Drewnowski, *Am J Clin Nutr*, 2010; USDA National Nutrient Database for Standard Reference SR25; 2010 *Dietary Guidelines for Americans*; Nutrients and reuse: Est. of human-edible and inedible materials computed from the avg. Midwestern lactating cow ration published by Thoma et al.; Greenhouse Gas Emissions of Fluid Milk, 2010; Erb, Kevin; Manure 101, University of Wisconsin Extension, 2010; Digester: Innovation Center, Case Study: Food Waste, 2013.