

## USDA Nutrient Requirements for Milk

Nutrient	USDA Criteria Per Cup	Criteria by percent
Calcium	276 mg	28%
Protein	8 grams	16%
Vitamin A	500 IU	10%
Vitamin D	100 IU	25%
Magnesium	24 mg	6%
Phosphorus	222 mg	22%
Potassium	349 mg	10%
Riboflavin	.44 mg	26%
Vitamin B12	1.1 mcg	18%