

Milk is a great choice for proper hydration and has been shown to be an excellent way to replace fluids. It contains the right mix of nutrients and water that kids need to stay healthy and hydrated. Milk is simple, refreshing and one of a kind.

DID YOU **KNOW?**  
MILK IS MADE OF  
**90% WATER**



## YOUR BODY

is comprised mostly of water and it's important to keep it hydrated properly.



## FLUIDS

Milk is 90% water, great for hydrating and maintaining fluid balance.



## MUSCLES

Keeping your body hydrated allows all muscles including your heart to work efficiently.



## TIMING

Be sure to hydrate often and long before you get thirsty!



8 oz of MILK contains  
9 ESSENTIAL NUTRIENTS

An 8 oz glass of milk also provides  
8 GRAMS of protein

Smoothies made with MILK provide tons of NUTRIENTS and are a great way to stay hydrated.

The American Academy of Pediatrics ENCOURAGES MILK at most meals



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