

## In the News..... Milk and Dairy Cows

🌀 Researchers from Indiana University favor **chocolate milk** for athletes instead of energy drinks to help their body recover after playing sports<sup>1</sup>.

🌀 With the popularity of soda, 86% of teen girls and 64% of teen boys **do NOT have enough calcium** in their diet-- **lacking the equivalent of four glasses of milk per day**<sup>2</sup>. Next time you reach for a soda, you should be thinking **Got Milk?** instead.

🌀 A medical text found that dated back to 1500 B.C. gives the following advice: **If you can't fall asleep have one glass of milk before bedtime**<sup>3</sup>.

🌀 Dentists believe that **"milk helps build strong teeth and may help to prevent tooth decay"**<sup>4</sup>.

🌀 **3 servings of dairy-daily along with exercise, helps to build strong bones to last a lifetime**<sup>5</sup>.

### Connections

Water	Bees	Ruminants or cud-chewing Animals	Food	People
<p><b>Dairy cows</b> need to drink about 35 gallons of water a day<sup>6</sup>.</p> <p style="text-align: center;">🌀🌀</p> <p><b>Cows</b> also eat alfalfa. Alfalfa needs water to grow.</p> <p style="text-align: center;">🌀🌀</p> <p>Farmers irrigate alfalfa fields many different ways, two of which are:</p> <p>1) gravity or surface irrigation</p> <p>2) sprinkler irrigation*</p>	<p>Without bees, <b>cows</b> would not have a food source.</p> <p style="text-align: center;">🌀🌀</p> <p><b>Cows</b> eat plants and food derived of plants such as grass, wheat, hay, corn, and/ or soybeans<sup>6</sup>.</p>	<p><b>Cows spend 8 hours a day chewing the cud while standing or lying down</b><sup>6</sup>.</p> <p style="text-align: center;">🌀🌀</p> <p><b>Cows</b> have 4 stomachs:</p> <p><b>1) Rumen</b> is the food storage stomach.</p> <p><b>2) Reticulum</b> where chewed food is stored, once the <b>cow</b> has chewed its cud and has swallowed it.</p> <p><b>3) Omasum</b> where the extra water is squeezed out.</p> <p><b>4) Abomasums</b> where some of the digested food is then stored in the <b>cow's</b> udder where it is made into milk<sup>6</sup>.</p>	<p><b>Dairy cows</b> provide us with milk and milk by-products like cheese, butter, and ice cream<sup>6</sup>.</p> <p style="text-align: center;">🌀🌀</p> <p>The average U.S. <b>dairy cow produces 22.5 quarts of milk each day</b>. That's about 16,000 glasses of milk per year – enough for about 40 people<sup>6</sup>.</p> <p style="text-align: center;">🌀🌀</p> <p>A <b>dairy cow</b> has to make 1.4 gallons of milk for you to buy 1 gallon of ice cream at the store<sup>6</sup>.</p>	<p><b>You should eat 2-3 servings of dairy products a day</b><sup>7</sup>.</p> <p style="text-align: center;">🌀🌀</p> <p style="text-align: center;"><b>Did you know?</b></p> <p>Besides milk products, <b>cows</b> also provide us with the meat we eat.</p> <p>Hamburgers come from <b>cows</b>.</p> <p><b>One steer</b> will make 720 quarter pound hamburger patties.</p> <p>720 quarter pound hamburger patties will feed a family of 4 for almost 6 months<sup>6</sup>.</p>