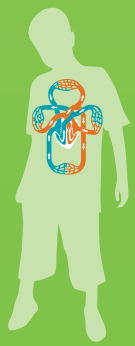
Dairynz

Rosie's NUTRITION mission

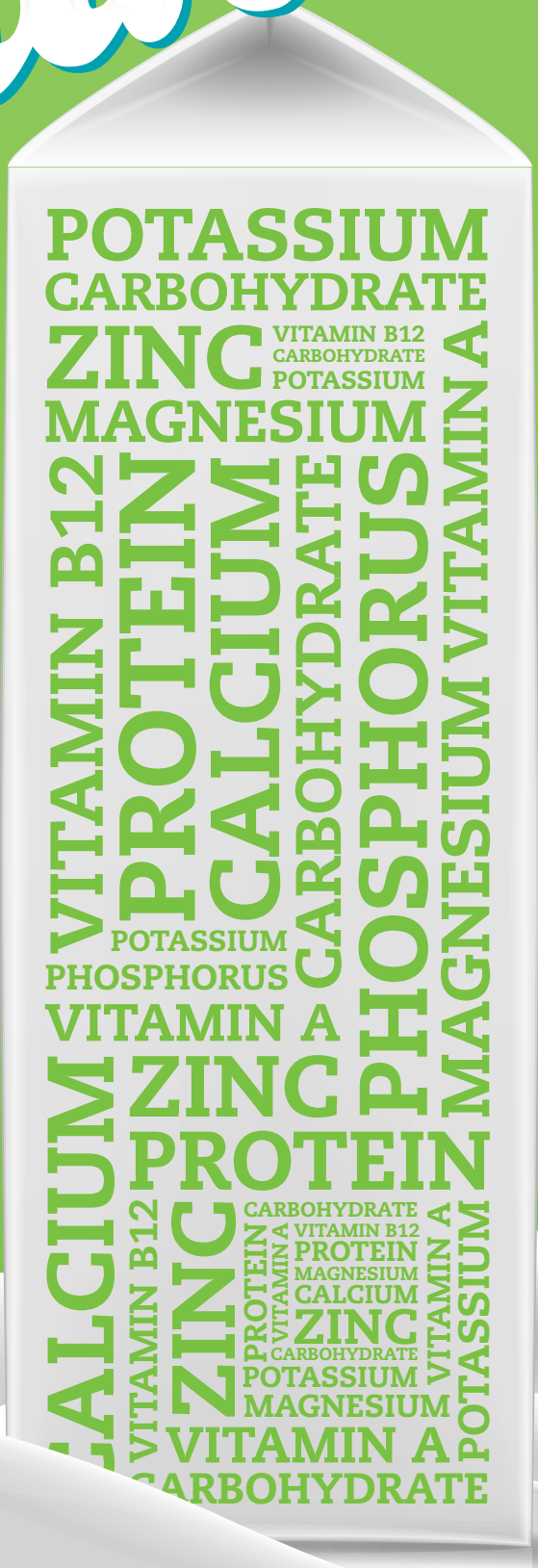
# WHAT'S IN MY Milk?

**ZINC**
Maintains a healthy immune system

**PROTEIN**
Keeps your muscles strong



**VITAMIN B12**
Keeps your blood healthy



**VITAMIN A**
Super important for growth

**CALCIUM, PHOSPHORUS AND MAGNESIUM**
Keeps your teeth and bones strong

**POTASSIUM**
Keeps your nerves talking to your brain

**CARBOHYDRATE**
Gives you energy

www.rosieseducation.co.nz