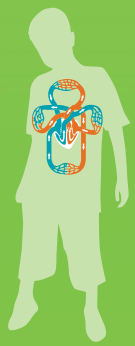
Dairynz

Rosie's NUTRITION mission

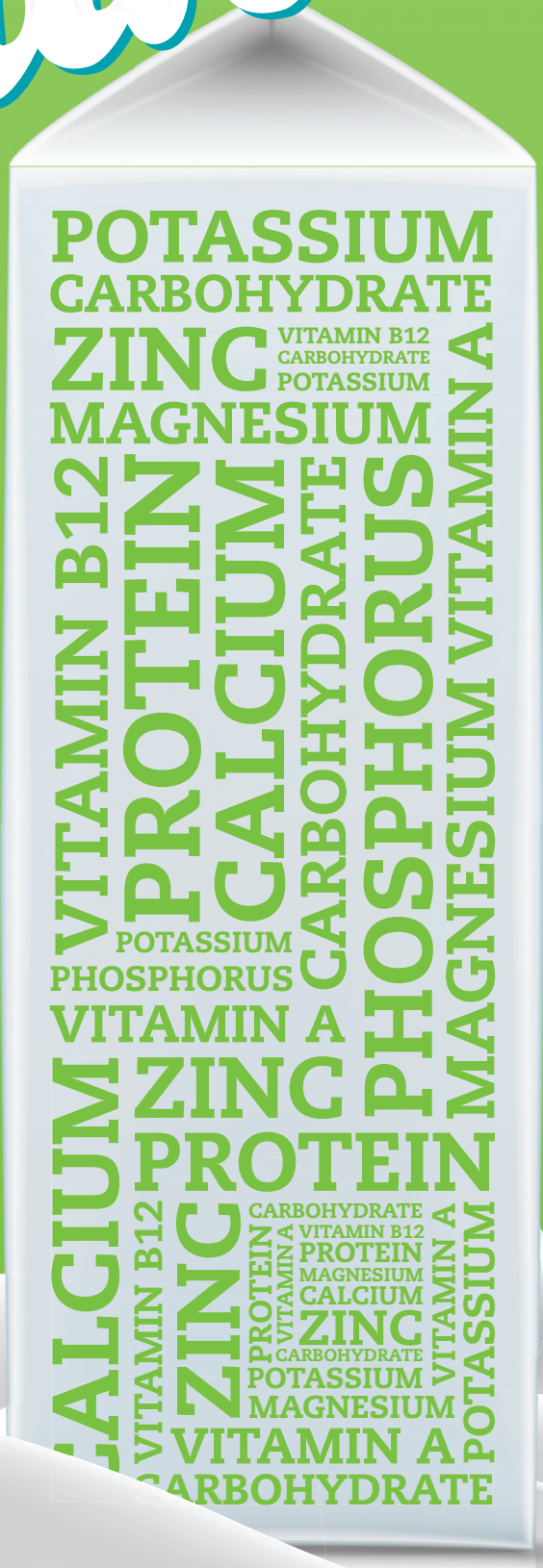
WHAT'S IN MY Milk?

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

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