

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 sports¹.

🌀 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**². 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**³.

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

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

Connections

Water	Bees	Ruminants or cud-chewing Animals	Food	People
<p>Dairy cows need to drink about 35 gallons of water a day⁶.</p> <p style="text-align: center;">🌀🌀</p> <p>Cows 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, cows would not have a food source.</p> <p style="text-align: center;">🌀🌀</p> <p>Cows eat plants and food derived of plants such as grass, wheat, hay, corn, and/ or soybeans⁶.</p>	<p>Cows spend 8 hours a day chewing the cud while standing or lying down⁶.</p> <p style="text-align: center;">🌀🌀</p> <p>Cows have 4 stomachs:</p> <p>1) Rumen is the food storage stomach.</p> <p>2) Reticulum where chewed food is stored, once the cow has chewed its cud and has swallowed it.</p> <p>3) Omasum where the extra water is squeezed out.</p> <p>4) Abomasums where some of the digested food is then stored in the cow's udder where it is made into milk⁶.</p>	<p>Dairy cows provide us with milk and milk by-products like cheese, butter, and ice cream⁶.</p> <p style="text-align: center;">🌀🌀</p> <p>The average U.S. dairy cow produces 22.5 quarts of milk each day. That's about 16,000 glasses of milk per year – enough for about 40 people⁶.</p> <p style="text-align: center;">🌀🌀</p> <p>A dairy cow has to make 1.4 gallons of milk for you to buy 1 gallon of ice cream at the store⁶.</p>	<p>You should eat 2-3 servings of dairy products a day⁷.</p> <p style="text-align: center;">🌀🌀</p> <p style="text-align: center;">Did you know?</p> <p>Besides milk products, cows also provide us with the meat we eat.</p> <p>Hamburgers come from cows.</p> <p>One steer will make 720 quarter pound hamburger patties.</p> <p>720 quarter pound hamburger patties will feed a family of 4 for almost 6 months⁶.</p>