

# **Milk is the Real MVP.**



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What goes great with cookies, exercise, and Mexican food? You guessed it right, the original “Moo Juice,” white milk. Nothing quenches my thirst like an ice cold glass of white milk, whole milk to be exact. It is nature’s most perfect food, as it is 96-98% digestible. A periodic table of dairy nutrients will satisfy your nutritional needs as well as your taste buds.

Right after school my stomach is grumbling from the time since lunch, and I open the front door to find the aroma of fresh baked cookies waiting for me on the counter. As I drink my milk and eat my cookies I am absorbing **calcium** and **phosphorus** from the milk with the help of **Vitamin D**. Later, in the afternoon, I do my workout to get ready for the upcoming football season. After the workout, I want to replenish myself to keep healthy by drinking a glass of white milk. This gives me **Vitamin B-12** to help me build red blood cells. **Potassium** in milk keeps my blood pressure normal. Milk also provides **riboflavin** which converts food into energy for my muscles. Finally, it gives me **niacin** to maintain normal enzyme function in my body. Then I am ready for supper where I can have my favorite, Mexican food! When I am eating a hot taco I look for the glass of milk for relief. In that glass, I get **Vitamin A** which provides me with normal vision and skin. While I am trying to cool my mouth, I chug down a bunch of **protein** that builds and repairs muscle tissue.

One of the many ways I try to promote milk is by offering to bring milk at school and 4-H events. I explain to people that if you drink milk you will do better in school, sports, and also life, because I think milk is the real MVP (Most Valuable Product). Another way I promote drinking milk involves explaining to people that ask me about dairy cows that it is very important to drink milk because it gives you the power to live, grow, and play. So when there are cookies, exercise, and Mexican food involved, you will find me with white milk.

# References

1. American Dairy Association- Dairy and Nutrition Council, [WinnersDrinkMilk.com](http://WinnersDrinkMilk.com), Nine Ways to Enjoy
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