

## JERSEY MILK PRODUCTS *for Optimal Health Benefits*

As the world works through the COVID-19 pandemic, we can do our part to remind all of the importance of dairy and Vitamin D and other essential minerals to their diets for healthy lifestyles.

*"Milk and other dairy products are an excellent source of high-quality protein and can also provide a source of Vitamin B2, Vitamin A, calcium and other nutrients essential for the human body. So a higher intake of these products for those low in protein, especially when higher immune resistance is required to fight the novel Coronavirus, will be very beneficial."*

Article from [www.foodnavigator.com](http://www.foodnavigator.com), March 17, 2020

With that being said, Jerseys naturally produce the highest quality milk for human consumption. Compared to average milk, a glass of Jersey milk has greater nutritional value: 15% to 20% more protein, 15% to 18% more calcium, and 10% to 12% more phosphorous, and also considerably higher levels of an essential vitamin, B12.

*Consume dairy  
products  
and stay healthy!*

*Bonnie Hobbs*



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