



## Dairy Facts

*From the New England Dairy Promotion Board*

- Holstein is the most common dairy breed in the United States.
- Cows have four compartments in their stomach.
- It takes ten pounds of milk to make one pound of cheese.
- A glass of milk has 300 milligrams of calcium in it.
- A young female dairy animal is called a heifer.
- A cow produces over 2,400 gallons of milk each year.
- Cows have 32 teeth.
- A mature Holstein cow weighs about 1,400 pounds.
- A cow chews her cud up to eight hours each day.
- The bushy tip of a cow's tail is called a switch.
- Cheddar cheese is the most widely purchased and consumed cheese in the world.
- Milk provides nine essential nutrients including: calcium, potassium, phosphorus, protein, vitamin D, vitamin A, vitamin B12, riboflavin and niacin.
- The average heifer is usually two years old when she has her first calf.
- The Pilgrims brought the first cows to America.
- It takes about 340 squirts of milk to fill a milk pail.
- Cows create their milk in their udder.
- The average cow produces over 500,000 glasses of milk in her lifetime.
- Teens need three servings of dairy products every day.