

Awesome “Cow Facts”



All cows are female. The males are called bulls.

A cow can't give milk until she has had a calf.

Cows produce 90% of the milk in the world. Any warm-blooded animal such as goats, sheep, horses, reindeer, camels and water buffalo produce milk also.

Dairy products supply approximately 75% of the available calcium in a diet.

Calcium in the diet is essential for building strong bones and teeth.

Milk contains 4 necessary minerals: calcium, phosphorus, magnesium and zinc.

It takes 2 days for milk to get from the cow to the grocery store.

To get enough calcium for your body you need 3 to 4 servings of dairy products daily.

Cows spend 6 to 7 hours per day eating.

Cows have 4 stomachs.

A serving is equal to an 8 oz. glass of milk.

For calcium, 1 cup of milk equals about.....

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| * 1 cup yogurt | * 1 cup of pudding |
| * 1 cup chocolate milk | * 10 oz. milk shake |
| * 1 1/2 oz. natural cheese | * 1 cup ice cream |
| * 2 oz. processed cheese | * 1 cup macaroni & cheese |

Chocolate milk is as nutritious as unflavored milk.

A cow produces nearly 200,000 glasses of milk in her lifetime.