

EXHIBIT FARM

How many essential nutrients are in real dairy milk?

True or false? Cows are ruminants, meaning they can digest foods that humans cannot.

Do dairy farmers take good care of their cows and their land?

How many gallons of milk do cows produce each day?

True or false? Per 8-ounce glass, milk supplies more nutrients than juice.

True or false? Cows do not produce milk until after they have given birth.

How much does the average dairy cow weigh?

True or false? A Holstein's spots are like a fingerprint.

How many grams of protein is in one serving of real dairy milk?

Thirteen, including potassium, protein, Vitamin A, Vitamin D, Vitamin B-12, and calcium.

True. A cow has one stomach with four compartments that enable digestion.

Yes. Healthy cows are happy cows. And taking excellent care of the land they live on is vital to the farmers' businesses.

On average, cows produce seven to nine gallons of milk per day, or 128 glasses.

True. Milk provides twice as many nutrients and vitamins as juice.

True. Only females can give birth and then produce milk.

Cows weigh between 1,200 and 1,800 pounds.

True. No two cows have the same spots!

8 grams of protein per serving.