



DAIRY FACT SHEET



There are more than 1200 dairy farms in Indiana and 97% of them are family-owned. The average herd size is 129 cows.



Some cows wear pedometers to monitor how many steps she takes a day – time spent walking can be a sign of how healthy the cow is.



Dairy farmers are committed to environmental sustainability – a gallon of milk today requires 95% less land and 65% less water and produces 76% less manure compared to 1944.



The Dietary Guidelines recommend eating three servings of nutrient-rich dairy products every day.



Dairy farmers often employ nutritionists to craft specially prepared diets for their cows.



Studies have shown that chocolate milk is the best recovery beverage after a hard work out. In fact, it is the official refuel beverage of IRONMAN.



Dairy farming and processing contributes \$810 million to the Hoosier economy every year and creates 8,220 Indiana jobs.



The average cow produces 90 glasses of milk every day and nearly 200,000 glasses of milk in her lifetime.



A cow eats about 90 pound of nutritious food a day. For humans, 90 pounds of food would be 480 hamburgers or 1,440 slices of bread.



An adult dairy cow drinks nearly a bathtub full of water every day.



Milking a cow normally takes less than 10 minutes, leaving the cow plenty of time to relax and chew her cud – which she will do for up to ten hours a day.



Both plain and flavored milk contains nine essential nutrients, including calcium, potassium, phosphorous, protein, riboflavin, niacin and vitamins A, D and B12.



Indiana ranks second in the nation in ice cream production.



Milk travels an average of only 100 miles from the farm to the grocery store.



June Dairy Month originated at National Milk Month in 1937. It changed to National Dairy Month in 1939 to reflect all the choices dairy foods offer – with milk, cheese and yogurt products available in varieties like low-fat, fat-free and lactose-free.