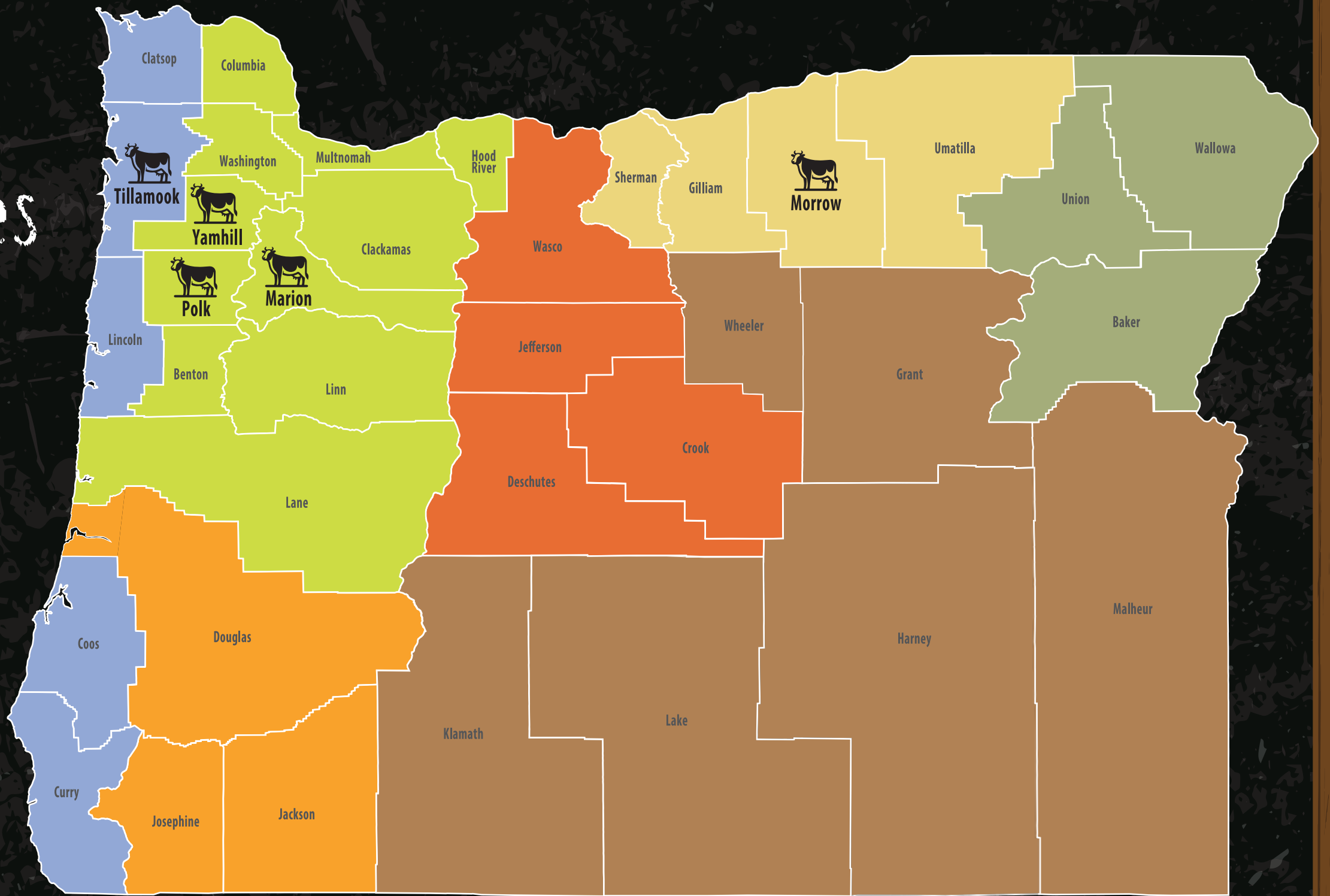




OREGON DAIRY

Top Five Dairy Producing Counties in Oregon

Morrow County
Tillamook County
Marion County
Yamhill County
Polk County



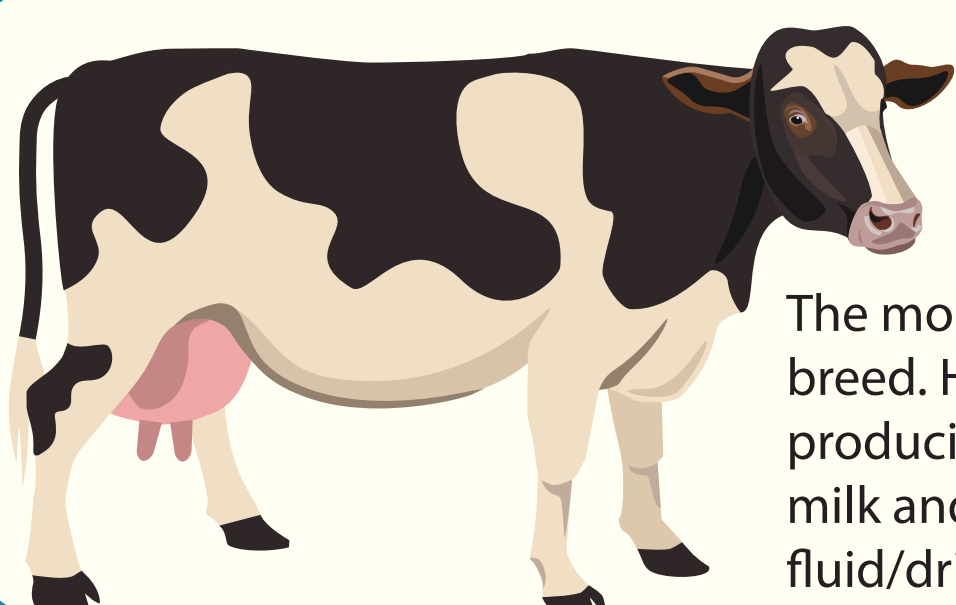
VITAMINS AND MINERALS IN DAIRY



Nutrition Facts	
Serving Size 8 fl oz (240mL)	
Servings Per Container 4	
Amount Per Serving	
Calories 150	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 120mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 9g	17%
Vitamin A 6%	Vitamin C 4%
Calcium 30%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

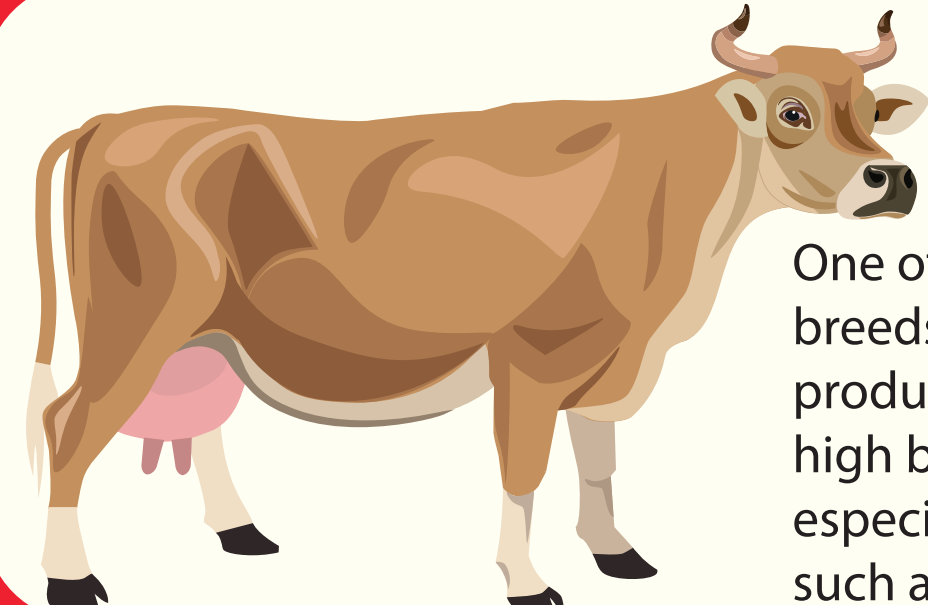


POPULAR OREGON DAIRY COW BREEDS



HOLSTEIN

The most common dairy breed. Holsteins are known for producing large quantities of milk and are widely used for fluid/drinking milk.



JERSEY

One of the most common breeds in Oregon. Jerseys produce milk with relatively high butterfat, making it especially useful for products such as butter and cheese.