Contact Us

**NDA-Central Office**
NDA Building, BAI Compound
Visayas Avenue, Diliman, Quezon City
Phone: 926-0733 to 35
Fax: 926-8847
Email: dairynda@pldtdsl.net
Website: nda.da.gov.ph

**Regional Centers:**

**North Luzon Department**
33 Le Pook Hulo,
Loma de Gato,
Marilao, Bulacan 3019
(044) 913-6402
nliobul@yahoo.com

**South Luzon Department**
144 J.M. Kalaw St.,
Brgy. San Carlos,
Lipa City, Batangas
(043) 724-5876
ndasouthluzon@yahoo.com
nda.southluzon@gmail.com

**Central and Western Visayas**
DA - Mandaue Experimental Station Compound,
Maguilay, Mandaue City, Cebu
(032) 520-7125
(032) 345-3612
ndavisayas@yahoo.com

**North Mindanao**
2nd Floor Door 206,
Waterside Living Complex Bldg.,
Julio Pacana St., Licoan,
Cagayan de Oro City
(088) 855-1166
nda_mio@yahoo.com

**South Mindanao Department**
Mindanao Science and Technology Centrum Bldg., Bago Oshiro,
Tugbok, Davao City
(082) 295-0147
ndasmdepartment@yahoo.com
What is Milk?

Milk provides essential nutrients and is an important source of dietary energy, high-quality proteins and fats. Milk can make a significant contribution to the required nutrient intakes for calcium, magnesium, selenium, riboflavin, vitamin B12 and pantothenic acid. Milk and milk products are nutrient-dense foods and their consumption can add diversity to plant-based diets. Animal milk can play an important role in the diets of children in populations with very low fat intakes and limited access to other animal source foods.

Why do we drink Milk?

Milk is known for its richness in calcium and thus its importance for your bones, but did you know that milk contains more than 9 other essential nutrients?

It contains protein, carbohydrates, vitamins, minerals and fat:

- **Calcium**: helps build and maintain strong bones and teeth, plays an important role in nerve function, muscle contraction and blood clotting
- **Protein**: they do most of the work in cells and are required for the structure, function, and regulation of the body's tissues and organs.
- **Potassium**: helps regulate the body's fluid balance and helps maintain normal blood pressure
- **Phosphorus**: works with calcium and vitamin D to help keep bones strong
- **Vitamin D**: helps absorb calcium for healthy bones
- **Vitamin B12**: helps build red blood cells and helps maintain central nervous system
- **Vitamin A**: important for good vision, healthy skin and a healthy immune system
- **Vitamin B2 (Riboflavin)**: helps convert food into energy
- **Vitamin B3 (Niacin)**: important for the normal function of many enzymes in the body

References:
Food and Agriculture Organization
Nestle