

# Adding Chocolate to Milk Doesn't Take Away Its Nine Essential Nutrients

All milk contains a unique combination of nutrients important for growth and development. Milk is the #1 food source of three of the four nutrients of concern identified by the 2015 Dietary Guidelines for Americans: calcium, vitamin D and potassium. And flavored milk contributes only 4% of added sugars in the diets of children 2-18 years.<sup>1</sup>

## 5 Reasons Why Flavored Milk Matters

### 1 KIDS LOVE THE TASTE!

Milk provides nutrients essential for good health and kids drink more when it's flavored.<sup>2,3</sup>

### 2 NINE ESSENTIAL NUTRIENTS!

Flavored milk contains the same nine essential nutrients as white milk - calcium, phosphorus, protein, vitamins A, D and B<sub>12</sub>, pantothenic acid, riboflavin and niacin (niacin equivalents) – and is a healthful alternative to soft drinks.<sup>4,5</sup>

### 3 HELPS KIDS ACHIEVE 3 SERVINGS!

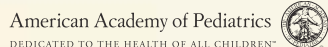
Drinking low-fat or fat-free white or flavored milk helps kids get the 3 cups\* of milk and milk products recommended by the *Dietary Guidelines for Americans*.<sup>6,7</sup>

### 4 BETTER DAIRY-DIET QUALITY!

Children who drink flavored milk consume more of the nutrients of concern compared to non-flavored milk drinkers and flavored milk consumption is not associated with an increased BMI.<sup>8</sup>

### 5 TOP CHOICE IN SCHOOLS!

Chocolate milk is the most popular milk choice in schools and kids drink less milk (and get fewer nutrients) if it's taken away.<sup>9,10</sup>



[www.nationaldairycouncil.org/childnutrition](http://www.nationaldairycouncil.org/childnutrition)

#### REFERENCES:

1. National Health and Nutrition Examination Survey (2007-2010), Ages 2-18 years.
2. Johnson RK, Frary C, Wang MQ. The nutritional consequences of flavored milk consumption by school-aged children and adolescents in the United States. *J Am Diet Assoc.* 2002; 102: 853-856.
3. National Dairy Council and School Nutrition Association. The School Milk Pilot Test. Beverage Marketing Corporation for National Dairy Council and School Nutrition Association. 2002. Available at: <http://www.nationaldairycouncil.org/ChildNutrition/Pages/SchoolMilkPilotTest.aspx>.
4. Frary CD, Johnson RK, Wang MQ. Children and adolescents' choices of foods and beverages high in added sugars are associated with intakes of key nutrients and food groups. *J Adolesc Health.* 2004; 34: 56-63.
5. American Academy of Pediatrics, Committee on School Health. Soft drinks in schools. *Pediatrics.* 2005; 113: 152-154.
6. Greer FR, Krebs NF and the Committee on Nutrition. Optimizing bone health and calcium intakes of infants, children and adolescents. *Pediatrics.* 2006; 117: 578-585.
7. U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans, 2015.* 8th Edition, Washington DC: U.S. Government Printing Office, December 2015.
8. Cifelli C, Houchins J, Demmer E, Fuloni III V. The Relationship Between Flavored Milk Consumption, Diet Quality, Body Weight, and BMI z-Score Among Children and Adolescents of Different Ethnicities. *FASEB J.* April 2016 30:1154.12.
9. 2012-2013 Annual School Survey Report, Prime Consulting Group, June 2013.
10. Quann EE, Adams D. Impact on milk consumption and nutrient intakes from eliminating flavored milk in elementary schools. *Nutrition Today* 2013;48:127-134.

\*DAILY RECOMMENDATIONS – The 2015 Dietary Guidelines for Americans recommends 3 cups of low-fat or fat-free milk and milk products for those 9 years and older, 2.5 for those 4-8 years, and 2 for those 2-3 years.