



## Adding flavor to milk doesn't change its nine essential nutrients!



Students' food choices should be both nutritious and appealing. Recent changes in nutritional guidelines allow schools greater flexibility in meeting nutrition requirements for their meal programs. Low-fat flavored milk

can now be included through the National School Lunch Program, School Breakfast Program and Smart Snacks.<sup>1</sup>

All milk, including low-fat flavored milk, contains nutrients which are important for growth and physical development. Consumption of milk and dairy is linked to improved bone health, especially in children and adolescents.<sup>2</sup> Low-fat flavored milk can be a valuable and popular way to address this need.



AMERICAN DAIRY ASSOCIATION NORTH EAST

# 5 REASONS FLAVORED MILK MATTERS!

## 1. BIG NUTRIENTS! BIG BENEFITS!

The American Academy of Pediatrics and the 2015 Dietary Guidelines recognize the positive role flavored milk can have in schools. They acknowledge that the palatability and appeal of nutrient-rich foods, such as low-fat flavored milk, can be enhanced by a small amount of added sugars within the daily calorie limit.<sup>2,3</sup>

## 2. NINE ESSENTIAL NUTRIENTS!

Low-fat flavored milk contains the same nine essential nutrients as white milk, including calcium and vitamin D – nutrients of concern that many kids don't get enough of.<sup>2</sup>

## 3. MORE CONSUMPTION, LESS WASTE!

A 2017 memo from USDA Food and Nutrition Services outlined the new position for the 2017-18 school year, stating the hope that more availability of flavored milk "...will increase fluid milk consumption as well as overall participation in School Meals Programs."<sup>1</sup>

## 4. MORE MEAL FLEXIBILITY!

The same USDA FNS memo described above went on to state that "schools need the flexibility to offer additional milk options to ensure children receive the nutrients provided by milk."<sup>1</sup>


## 5. KIDS LOVE THE TASTE!

Milk provides nutrients essential for good health and kids drink more when it's flavored. Kids love the taste, and choice helps boost kids' overall intake of nutrients.<sup>4,5</sup>



Contact American Dairy Association North East to learn more! [dairyspot.com](http://dairyspot.com)

1 Kline A. School Meal Flexibilities for School Year 2017-2018. USDA FNS Memo Code SP 32-2017. May 22, 2017. <https://www.fns.usda.gov/school-meals/school-meal-flexibilities-sy-2017-18>  
 2 U.S. Department of Health and Human Services and U.S. Department of Agriculture. Dietary Guidelines for Americans, 2015. 8th Edition. Washington, DC: US Government Printing Office, December 2015.  
 3 American Academy of Pediatrics. Snacks, Sweetened Beverages, Added Sugars and Schools. Pediatrics. March 2015; 135.  
 4 Johnson RK, Frary C, Wang MO. The nutritional consequences of flavored milk consumption by school-aged children and adolescents in the United States. J Am Diet Assoc. 2002; 102: 953-956.  
 5 National Dairy Council and School Nutrition Association. The School Milk Pilot Test. Beverage Marketing Corporation for National Dairy Council and School Nutrition Association. 2002.



# THE TRUTH ABOUT FLAVORED MILK.

**GET THE FACTS  
ABOUT FLAVORED MILK**

## FLAVORED MILK • KNOW THE FACTS

### MYTH

### REALITY

#### MYTH #1:

**Flavored milk isn't as nutritious as regular milk.**

Flavored milk contains the same nine essential nutrients as white milk, including vitamin D, calcium and potassium – “nutrients of concern” that most kids fail to get enough of, according to the Dietary Guidelines for Americans.

School flavored milk now has 45% less added sugar than just five years ago, and on average, just 122 calories per serving.<sup>1</sup>

Flavored milk “counts” as a serving of dairy – and most Americans fall far short of the recommended three servings for kids ages 9 and up.

Milk drinkers consume more calcium, phosphorus, magnesium, potassium and vitamin A than non-milk drinkers.<sup>2</sup>

#### MYTH #2:

**Flavored milk contains a high sugar content, up there with soft drinks.**

Research shows that flavored milk contributes just 4.3% of added sugars to kids' diet. Added sugars is a legitimate concern, but milk isn't the culprit.<sup>3</sup>

Not all of the sugar you see on the label is “added sugar.” Some of the total grams are naturally-occurring lactose.

The American Academy of Pediatrics, Academy of Nutrition and Dietetics and other groups agree that flavored milk is a positive trade-off for soft drinks, which are the primary source of added sugars in children's diets.<sup>4</sup>

#### MYTH #3:

**When flavored milk is removed from schools, kids will drink regular milk. If there's any dip in consumption, it will rebound.**

A study showed eliminating flavored milk from elementary schools resulted in a dramatic drop in milk consumption (35%), which means many children will miss out on essential nutrients that milk provides.<sup>5</sup>

Research suggests milk consumption does not recover over time when flavored milk is removed. In the same study, even the 40 schools that were in their second year of a limited or no-flavors policy did not see students moving to white milk. On average, students at these schools drank 37% less milk compared to when they had flavored milk available every school day.<sup>5</sup>

(PLEASE FLIP FOR MORE MYTHS AND FACTS)



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### MYTH

### REALITY

#### MYTH #4:

**Flavored milk adds too many extra calories to children's diets and is contributing to the obesity crisis among American children.**

On average, an 8-ounce serving of school flavored milk has just 122 calories.<sup>1</sup>

Children who drink flavored milk don't have a higher body mass index (BMI) than those who do not drink milk.<sup>2</sup>

#### MYTH #5:

**Once kids drink flavored milk, they no longer drink white milk.**

Drinking flavored milk doesn't mean kids neglect white milk. It's a small, but significant contributor to kids' milk intake. In fact, flavored milk only makes up 22%-29% of kids' total milk intake.<sup>6</sup>

#### MYTH #6:

**Just offering one nutritious choice is the best way to encourage kids to drink more milk.**

Offering nutritious choices in school – like fat free and low fat white milk and flavored milk – helps kids learn food and nutrition lessons and research suggests “choice” helps boost kids' overall intake of nutritious foods. For example, Cornell University researchers found that children ate more carrots when they were offered a choice between carrots or celery, compared to when they only were provided carrots.<sup>7</sup>

Four out of five moms (79%) believe kids need healthy choices at school including flavored milk, according to a recent survey, while three in four (77%) say they think their children should be able to choose which beverage to drink at school.<sup>8</sup>

#### References:

- 2012-2013 School Milk Product Profile, MilkPEP School Channel Survey, conducted by Prime Consulting Group, July, 2013. Responses were received from processors who collectively serve 63% of all K-12 public schools. The MilkPEP Annual School Channel Survey is a joint project of the Milk Processor Education Program (MilkPEP), the National Dairy Council and the School Nutrition Association.
- Murphy MM, Douglas JS, Johnson RK, Spence LA. Drinking flavored or plain milk is positively associated with nutrient intake and is not associated with adverse effects on weight status in U.S. children and adolescents. *J Am Diet Assoc.* 2008; 108:631-639.
- Dairy Research Institute\*. NHANES 2007-2010. (Nutrition Impact, LLC analysis. Ages 2+ years). Data Source: U.S. Department of Agriculture, Agricultural Research Service. 2013. Food Patterns Equivalent Intakes from Food: Consumed per Individual, by Gender and Age, What We Eat in America, NHANES 2007-2008, 2009-2010. Available at: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg)
- Science Supports the Important Role of Milk, including Flavored Milk, in Children's Nutrition. November, 2009.
- The impact on student milk consumption and nutrient intakes from eliminating flavored milk in schools. 2009. MilkPEP research conducted by Prime Consulting Group. Presented at the School Nutrition Association Annual National Conference, 2010.
- MilkPEP 2010 Consumption Tracker Q3 2010-Q1 2011. Among stand alone milk drinkers.
- Conducted by Brian Wansink, PhD of Cornell Center for Behavioral Economics in Child Nutrition in 2011.
- 1,000 interviews with moms of kids in grades K through 12 between 3/9/12 and 3/14/12. Conducted by KRC Research.