

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.^{2,3}

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.²

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."¹

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."¹

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.^{4,5}



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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: U.S. 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 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.

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.

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.¹

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.² Low-fat flavored milk can be a valuable and popular way to address this need.



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