New England Dairy’s

10 Reasons to Encourage Milk with School Meals

1. **Milk contains 13 essential nutrients that you must get from food.**

* U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. [fdc.nal.usda.gov.](http://fdc.nal.usda.gov/)
* Code of Federal Regulations. Title 21,Volume 2 21CFR101.54 <https://www.ecfr.gov/current/title-21/chapter-I/subchapter-B/part-101/subpart-D/section-101.54>
* Guidance for Industry: Food Labeling Guide. Issued by Center for Food Safety and Applied Nutrition. Published January 2013. Accessed February 18, 2022.pg 74-75 <https://www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-food-labeling-guide>

1. **Milk provides 3 of the 4 nutrients commonly lacking in the American diet.**

* U.S. Department of Agriculture and U.S. Department of Health and Human Services. [Dietary Guidelines for Americans, 2020-2025](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf).9th Edition. December 2020. Available at DietaryGuidelines.gov, Page 88

1. **Most students are not consuming the recommended amount of dairy.**

* U.S. Department of Agriculture and U.S. Department of Health and Human Services. [Dietary Guidelines for Americans, 2020-2025](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf).9th Edition. December 2020. Available at DietaryGuidelines.gov, Pages 79, 82, 85, Figures 3-4,3-6, 3-8

1. **Three\* servings of dairy a day helps build healthy bones for life.**

\* 2.5 servings/day for ages 4-8years

* U.S. Department of Agriculture and U.S. Department of Health and Human Services. [Dietary Guidelines for Americans, 2020-2025](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf).9th Edition. December 2020. Available at DietaryGuidelines.gov, Pages 74, 81, 84, Tables 3-1,3-2, 3-3

1. **Dairy is included in all three diets outlined in the Dietary Guidelines for Americans. School meals are based on these guidelines.**

* U.S. Department of Agriculture and U.S. Department of Health and Human Services. [Dietary Guidelines for Americans, 2020-2025](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf).9th Edition. December 2020. Available at DietaryGuidelines.gov, Appendix 3 Pages 142

1. **Dairy can lower risk of chronic diseases including heart disease, type 2 diabetes, and obesity**

* Mitri, J., Mohd Yusof, B.-N., Maryniuk, M., Schrager, C., Hamdy, O., & Salsberg, V. (2019). Dairy intake and type 2 diabetes risk factors: A narrative review. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*, *13*(5), 2879–2887. <https://doi.org/10.1016/j.dsx.2019.07.064> Abstract: <https://www.sciencedirect.com/science/article/abs/pii/S1871402119304916?via%3Dihub>
* Kratz, M., Baars, T., & Guyenet, S. (2013). The relationship between high-fat dairy consumption and obesity, cardiovascular, and metabolic disease. *European Journal of Nutrition*, *52*(1), 1–24. <https://doi.org/10.1007/s00394-012-0418-1> Abstract: <https://pubmed.ncbi.nlm.nih.gov/22810464/> )

1. **Students drink less milk when flavored options are removed.**

* Quann, E. E., & Adams, D. (2013). Impact on milk consumption and nutrient intakes from eliminating flavored milk in elementary schools. *Nutrition Today*, *48*(3), 127–134. <https://doi.org/10.1097/nt.0b013e3182941d6a> Abstract: <https://journals.lww.com/nutritiontodayonline/Abstract/2013/05000/Impact_on_Milk_Consumption_and_Nutrient_Intakes.7.aspx>

1. **Kids who drink milk, including flavored milk, have better diet quality than kids who don’t.**

* Nicklas, T. A., O'Neil, C. E., & Fulgoni, V. L. (2013). The nutritional role of flavored and white milk in the diets of children. *Journal of School Health*, *83*(10), 728–733. <https://doi.org/10.1111/josh.12087> Abstract: <https://pubmed.ncbi.nlm.nih.gov/24020687/>
* Nicklas, T. A., Saab, R., & Fulgoni III, V. L. (2022). Is flavored milk really a bad beverage choice? the nutritional benefits of flavored milk outweigh the added sugars content. *Acta Scientific Nutritional Health*, *6*(1), 114–132. <https://doi.org/10.31080/asnh.2022.06.0985> Abstract: <https://www.actascientific.com/ASNH/ASNH-06-0985.php>

1. **School-aged milk drinkers have higher nutrient intakes without adverse effects on weight compared to those who don’t drink milk.**

* Murphy, M. M., Douglass, J. S., Johnson, R. K., & Spence, L. A. (2008). Drinking flavored or plain milk is positively associated with nutrient intake and is not associated with adverse effects on weight status in US children and adolescents. *Journal of the American Dietetic Association*, *108*(4), 631–639. <https://doi.org/10.1016/j.jada.2008.01.004> Abstract: <https://pubmed.ncbi.nlm.nih.gov/18375219/>

1. **The American Academy of Pediatrics and the US Dietary Guidelines for Americans support the addition of a small amount of added sugar to nutrient rich foods like milk.**

* Murray, R., Bhatia, J., Okamoto, J., Allison, M., Ancona, R., Attisha, E., De Pinto, C., Holmes, B., Kjolhede, C., Lerner, M., Minier, M., Weiss-Harrison, A., Young, T., Daniels, S. R., Abrams, S. A., Corkins, M. R., de Ferranti, S. D., Golden, N. H., Magge, S. N., & Schwarzenberg, S. J. (2015). Snacks, sweetened beverages, added sugars, and Schools. *Pediatrics*, *135*(3), 575–583. <https://doi.org/10.1542/peds.2014-3902>
* Muth, N. D., Dietz, W. H., Magge, S. N., Johnson, R. K., Bolling, C. F., Armstrong, S. C., Haemer, M. A., Rausch, J. C., Rogers, V. W., Abrams, S. A., Kim, J. H., Schwarzenberg, S. J., Fuchs, G. J., Lindsey, C. W., & Rome, E. S. (2019). Public policies to reduce sugary drink consumption in children and adolescents. *Pediatrics*, *143*(4). <https://doi.org/10.1542/peds.2019-0282>
* U.S. Department of Agriculture and U.S. Department of Health and Human Services. [Dietary Guidelines for Americans, 2020-2025](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf).9th Edition. December 2020. Available at DietaryGuidelines.gov, Page 41