1. Milk contains 13 essential nutrients that you must get from food.1,2,3

2. Milk provides 3 of the 4 nutrients commonly lacking in the American diet.4b

3. Most students are not consuming the recommended amount of dairy.4c

4. Three* servings of dairy a day helps build healthy bones for life.4d

5. Dairy is included in all three diets outline in the Dietary Guidelines for Americans. School meals are based on these guidelines.4e

6. Dairy can lower risk of chronic diseases including heart disease, type 2 diabetes, and obesity.5,6

7. Students drink less milk when flavored options are removed.7

8. Kids who drink milk, including flavored milk, have better diet quality than kids who don’t.8,9

9. School-aged milk drinkers have higher nutrient intakes without adverse effects on weight compared to those who don’t drink milk.10

10. 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.11,12,4a

References

For more information visit NewEnglandDairy.com