

School meals contribute significantly to the health and well-being of our nation's youth and in the lives of families and communities. Dairy foods, including unflavored and flavored milk, make important nutrient and health contributions to school meals.

Low-fat (1%) chocolate and other flavored dairy milks (fat-free or low-fat) can be offered in school meal programs, with a requirement that unflavored milk be available at each school meal service. Schools may choose to provide lactose-free and reduced-lactose dairy milk to students without needing a written request from a parent or guardian.¹

Flavored dairy milk can help schools address the nutrition, taste and health needs of the students they serve. Learn more about the myths and realities of flavored milk in the school cafeteria.

Myth	Reality
Flavored milk is not as nutritious as white milk	Dairy milk, whether flavored or unflavored, is a good or excellent source of 13 essential nutrients, including calcium, vitamin D and potassium – nutrients of public health concern that many students don't get enough of in their diets. The Dietary Guidelines for Americans and the American Academy of Pediatrics recognize that a small amount of added sugars, which fall within the daily calorie limit, can be used to increase the palatability and appeal of nutrient-rich foods, such as low-fat flavored milk. ²⁻³
Flavored milk contributes too much sugar to children's diets	Since 2007, the U.S. dairy community has reduced added sugars in school milk by 54%. Currently, the average added sugar content in 8 ounces of flavored school milk is 7.6 grams. The average flavored milk served in schools has 126 calories – just 29 more calories than unflavored milk. ⁴ Flavored milk contributes only 4% of added sugars in the diets of children 2-18 years ⁵ and is not associated with an increased body mass index (BMI). ⁶ In fact, the consumption of flavored milk is associated with higher total milk consumption and better overall diet quality without any adverse -impact on weight. ⁷⁻¹¹
Students will still choose milk regardless if there is a flavored option	Chocolate milk is the most popular milk choice in schools ⁴ and children drink more and waste less when flavored milk is available. ¹² Removal of flavored milk from schools can lead to a decrease in total milk consumption, which could negatively impact children's nutrient consumption. ¹³⁻¹⁴

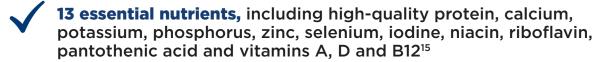






Reality Lactose intolerance is a real condition that affects many Americans, particularly people of color and Native Americans. Lactose-free dairy milk has the same nutritional Students with lactose profile as regular milk, just without the lactose. intolerance can't drink Lactose-free dairy milk meets the school meal pattern dairy milk (flavored or requirements for fluid milk. Schools may choose to provide unflavored) lactose-free and reduced-lactose dairy milk to participants without needing to obtain a written request from a parent or guardian.1

School Milk Nutritional Benefits





- Number one source of protein, vitamin D, calcium, and potassium in the diets of children ages 2-185
- Better bone health and lower risk for type 2 diabetes and cardiovascular disease¹⁶⁻¹⁷
- Immune-supporting protein, zinc, selenium and vitamins A, D and B12¹⁶⁻¹⁷
- Flavored milk contributes just 4% of added sugars in the diets of children 2-18 years, while unflavored milk contains no added sugars⁵
- Children who drink flavored milk consume more milk and have significantly higher intakes of vitamin D, calcium, potassium and other nutrients7-11
- Flavored milk helps increase milk consumption and decrease waste¹¹⁻¹⁴

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