

“Nutrition Bytes”

Quick Tips for Use on Lunch Menus or in Newsletters

- ◆ Flavored milk is a favorite with kids. You can’t deny its taste appeal. Studies show that children who drink flavored milk...
 - Drink more milk and get more calcium
 - Do not have higher intakes of added sugars or total fat
 - Drink fewer soft drinks and fruit drinks

- ◆ Did you know that milk contains a natural sugar called lactose? White milk contains lactose, while flavored milk contains lactose plus a small amount of added sugar to enhance the flavor. Be sure to keep this in mind when reading nutrition facts labels on containers of milk!

- ◆ Studies show that sugar in flavored milk does not cause hyperactivity or mood swings in children. Nor does it affect learning.

- ◆ An 8-ounce serving of chocolate milk has about 2-7 milligrams of caffeine. This is the amount found in a cup of decaf coffee. On the other hand, soft drinks may contain up to 10 times more caffeine than chocolate milk.

- ◆ Some people do not tolerate milk very well. This is called lactose maldigestion, or lactose intolerance. Many people with lactose intolerance find chocolate milk easier to digest than white milk, and can still get all of the nutrients in milk by drinking flavored milk in small servings with meals.

- ◆ It’s important to drink milk or eat dairy foods everyday to get the calcium that growing kids need!
 - How much do you need? Check it out:
 - 1-3 years Two cups of milk each day
 - 4-8 years Three cups of milk each day
 - 9-18 years Four cups of milk each day

- ◆ Did you know that 77% of children ages 9-19 do not meet their recommended dairy intake? Flavored milk is a nutrient powerhouse that growing bodies need!

- ◆ Dairy foods, including flavored milk, supply three of the five nutrients that kids don’t get enough of in their diets: calcium, potassium and magnesium.

- ◆ Calcium, phosphorus and vitamin D, all found in dairy foods including flavored milk, help build and maintain strong bones and teeth.

1. National Dairy Council, unpublished data based on the National Health and Nutrition Examination Survey (NHANES), 1999-2002.
2. Dietary Guidelines for Americans, 2005 (6th edition). www.healthierus.gov/dietaryguidelines.