

Flavored Milk

Fun Facts

Flavored Milk Fun!

There's no doubt about it, kids love flavored milk! And for good reason. It's delicious and nutritious.

Ounce for ounce, flavored milk packs the same amount of calcium and eight other essential nutrients as white milk, including protein, riboflavin, potassium, and vitamins D and A.

The American Academy of Pediatrics urges children and teens to choose milk, cheese and yogurt for the calcium they need. So go ahead and serve flavored milk with confidence!

What the Research Says About Flavored Milk



When flavored milk is available, more children choose milk, and more importantly, drink more of it. Flavored milk drinkers...

- drink more milk and get more calcium
- do not have higher intakes of added sugars or total fat
- drink less sodas and fruit juices

Straight Talk About Cavities and Hyperactivity

- Because it's a liquid, flavored milk clears from the teeth more quickly and is less likely to cause cavities than foods that stick to teeth, like candy and potato chips.
- Studies show that sugar in flavored milk does not cause hyperactivity or affect learning.
- The caffeine content for 8 ounces of coffee-flavored milk varies, but generally provides no more than the small amount in 2 ounces of regular coffee. Chocolate milk provides less than 5 mg of caffeine, the same amount found in a cup of decaffeinated coffee.

Only 1 out of 3 Kids Get the Calcium They Need



- Children develop about 90% of their adult bone mass by age 17. Consuming at least 3 servings of milk, including flavored milk, helps them build the strongest bones possible.
- Flavored milk and other dairy foods provide three of the five nutrients low in children's diets – calcium, magnesium, and potassium. The calcium in milk and flavored milk is more readily absorbed than the calcium in calcium-fortified juice, soda and water.

Sizing Up Flavored Milk

Amount in 8 ounces

	1% White Milk	1% Chocolate Milk	Soda	Fruit Drink
Calcium (mg)	290	290	0	0
Vitamin D (IU)	130	130	0	0
Vitamin A (IU)	480	490	0	0
Potassium (mg)	366	425	0	25
Protein (g)	8	8	0	0
Fat (g)	2.5	2.5	0	0
Added Sugars (g)	0	12	27	29

USDA National Nutrient Database for Standard Reference

Sunrise Smoothie

Makes 2 servings
Prep time: 5 minutes

- 1 cup mango, cubed
- 7 large strawberries
- 1 1/2 cups lowfat strawberry milk
- 1 tablespoon honey

In a blender, combine mango, strawberries, milk and honey. Cover and puree until smooth. Pour into two tall glasses and serve.

For more recipes, visit:
www.NutritionExplorations.org
www.3aday.org

