

Southington School Health Council Report

"Fit, Healthy, and Ready to Learn"

Flavored Milk - It's MORE Than Flavor!

Over half of children ages 2-8 and three quarters of children ages 9-19 do not get the recommended daily servings of low-fat or fat-free milk or milk products. Flavored milk delivers nutrients that children and adults need. Flavored milk provides the same nine essential nutrients as white milk, including calcium, potassium, phosphorous, protein, vitamins A, D and B12, riboflavin and niacin.

Small amounts of sugars added to nutrient-dense foods, such as reduced-fat milk products, may increase a person's intake of such foods by enhancing palatability of these products, improving nutrient intake without contributing excessive calories.

Children who drink flavored milk drink more milk overall and are more likely to meet their calcium needs without consuming more total fat and calories, according to a study in the Journal of American Dietetic Association.

Choosing low-fat chocolate, strawberry, vanilla, white, and skim milk at home or from your school's cafeteria is a better choice than juice boxes or soda.