

KIDS & CHOCOLATE MILK

ages 2-18

9 essential nutrients in every 8 ounce glass

protein, calcium, vitamins A & D, vitamin B12, riboflavin, niacin, phosphorus, pantothenic acid



Milk (including chocolate milk) is the **#1** food source of 3 of 4 nutrients of concern



calcium



potassium



vitamin D

Fat-Free
Chocolate Milk



1.5 tsp added sugar
Serving size = 8 ounces

Sports Drink



3.25 tsp added sugar
Serving size = 8 ounces

2X
more added sugar

ONLY 4%

of added sugar in kids' diets comes from flavored milk



Kids who drink milk (including chocolate milk) have **higher nutrient intakes** than non-milk drinkers.

3 servings of dairy a day



& 2.5 servings a day for kids 4 to 8 years contributes to

bone health for life.

WHY CHOCOLATE MILK

for kids

Nutrient-Rich

Like white milk, chocolate milk has the same 9 essential nutrients important for kids' growth, development, and physical activity.

Top Milk Choice in Schools

Chocolate milk is the most popular milk choice in schools and, when available, students drink more milk overall.

Better Diet Quality

Kids who drink chocolate milk have better quality diets and are just as likely to be at a healthy weight as kids who do not drink chocolate milk. Kids benefit from the many nutrients in milk, like calcium, vitamin D, and potassium.

A More Healthful Option

Chocolate milk is a great alternative to replacing sugary drinks like soda and fruit beverages in kids' diets, while not obtaining higher intakes of added sugar and fat.

1-2-3 Servings Each Day

Kids' average daily intake of dairy falls short of recommendations, especially as they get older. A serving of chocolate milk can help close the gap between actual and recommended intakes of milk and milk's nutrients.

Young Athletes

A great choice for young athletes to fuel for physical activity, replenish fluid and electrolytes post-exercise and support bone health to reduce risk of stress fractures.

An Added BONUS:

Chocolate milk helps meet nutrient needs while remaining affordable and convenient.

MILK
MEANS MORE

United Dairy Industry of Michigan

www.MilkMeansMore.org

Sources:

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