

1% FLAVORED MILK IS BACK

Low-fat (1%) chocolate and other low-fat flavored milks can have a place in school meal programs again! Supporting the goal of making food choices both nutritious and appealing to students and still aligning with the Dietary Guidelines for Americans, nutritional guidance once again allows schools greater flexibility in meeting nutrition requirements for school meal programs to help nourish students. This flexibility allows all schools to offer low-fat flavored milk in school lunches, breakfast and Smart Snacks for the 2018-2019 school year. Low-fat flavored milk can also be offered to children 6 years and older in the Child and Adult Care Food Program and Special Milk Program. Although the regulation providing for low-fat flavored milk will initially be limited to 2018-2019, USDA intends to extend it to future school years.¹

Whether low-fat white, chocolate or a different flavor, all milks are a good or excellent source of nine essential nutrients important for growth and development. According to the 2015-2020 Dietary Guidelines for Americans, current evidence suggests that consumption of milk and milk products is linked to improved bone health, especially in children and adolescents.² Low-fat flavored milk can help schools address the nutrition, taste and health needs of the students they serve.

5 Reasons Flavored Milk Can Help Children Meet Their Nutrition Needs

1

LEADING HEALTH & NUTRITION ORGANIZATIONS RECOGNIZE THE POSITIVE ROLE FLAVORED MILK CAN HAVE

The 2015 Dietary Guidelines 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}

2

IT'S NUTRITIOUS

Low-fat flavored milk is a good or excellent source of the same nine essential nutrients as white milk, including calcium and vitamin D – nutrients of public health concern that many kids don't get enough of.² Additionally, children who drink flavored milk consume more of the nutrients of public health concern compared to non-flavored milk drinkers and there was no difference in BMI for flavored milk consumers vs. non-consumers.⁴

3

HELPS INCREASE MILK CONSUMPTION & DECREASE WASTE

Los Angeles Unified School District, the second largest school district in America, executed a pilot program in December 2016 reintroducing fat-free chocolate milk to study how to get more kids to drink milk and reduce waste. They found that within the LA school district, milk consumption has the potential to increase by nearly 12.5 million cartons of milk per year.⁵

4

HELPS PROVIDE SCHOOLS FLEXIBILITY

USDA Food and Nutrition Services recognizes that "schools need the flexibility to offer additional milk options to ensure children receive the nutrients provided by milk." USDA FNS is hopeful that implementation of these options will increase fluid milk consumption and address concerns regarding declining milk consumption in schools.^{1,6}

5

KIDS LOVE THE TASTE

Milk provides nutrients essential for good health and kids drink more when it's flavored.^{7,8}



Please contact your Local Dairy Council for additional information.

<https://www.nationaldairycouncil.org/our-story>
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References:

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