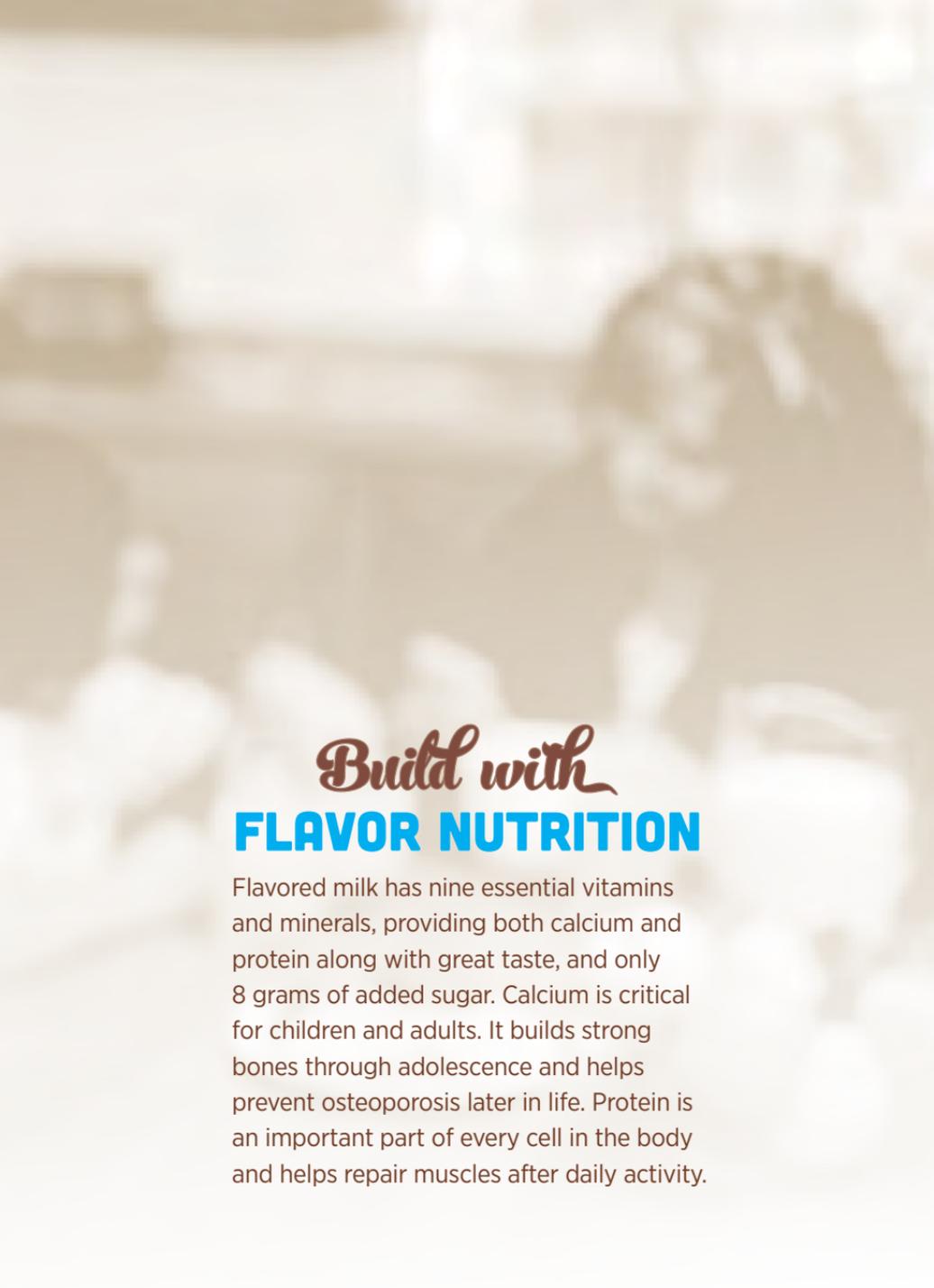


A glass of chocolate milk with a splash of milk being poured into it. The background is a light blue gradient. The text is centered on the front of the glass.

Flavored
MILK

**A BUILDING BLOCK
OF NUTRITION**





Build with
FLAVOR NUTRITION

Flavored milk has nine essential vitamins and minerals, providing both calcium and protein along with great taste, and only 8 grams of added sugar. Calcium is critical for children and adults. It builds strong bones through adolescence and helps prevent osteoporosis later in life. Protein is an important part of every cell in the body and helps repair muscles after daily activity.

Flavored MILK

AN EASY WAY TO FUEL GROWING BODIES

When compared to other popular drinks, flavored milk is an obvious choice:

ORANGE JUICE



Vitamin C, Folate,
Thiamin, Potassium

0g Added Sugar
0g Protein

SPORTS DRINKS



Niacin, Vitamin B6,
Vitamin B12

13g Added Sugar
0g Protein

FRUIT PUNCH



Vitamin C

22g Added Sugar
0g Protein

DIET SODA



No Nutritional Value

0g Added Sugar
0g Protein

ICED TEA (SWEET)



No Nutritional Value

22g Added Sugar
0g Protein

SODA



No Nutritional Value

26g Added Sugar
0g Protein



Protein
Calcium
Vitamin D
Vitamin A
Vitamin B-12
Niacin
Riboflavin
Phosphorus
Potassium
all this
with only
8g Added Sugar*

*Can vary by brand; may be lower in school milk



A serving of milk, flavored or not,
gives you **8 grams** of high-quality **protein** and:



As much Vitamin A
as 2 hardboiled eggs



As much Phosphorus
as 1 cup of canned
kidney beans



As much Calcium
as 10 cups of raw spinach



As much Riboflavin
as 1/3 cup of whole almonds



As much Vitamin D
as 3/4 ounce of cooked salmon



As much Potassium
as one banana



TOP 5 REASONS TO CHOOSE FLAVORED MILK FOR YOUR FAMILY

1 KID-APPROVED

Did you know children drink more milk when it's flavored? That's good news when milk provides nutrients essential for healthy, growing bodies.

2 ESSENTIAL NUTRIENTS

Flavored milk has the same nine essential nutrients as white milk including nutrients of concern like calcium, vitamin D and potassium. Flavored milk also packs a powerhouse of protein for a solid start to your day!

3 3 DAILY DAIRY SERVINGS

Current dietary guidelines recommend two to three servings of low-fat dairy each day depending on age, and flavored milk helps children meet this goal.

4 BETTER DIET QUALITY

Studies show that children who drink flavored milk meet more of their nutrient needs than non-milk drinkers and do not consume more added sugar, fat or calories.

5 TOP CHOICE IN SCHOOLS

Fat-free chocolate milk is the most popular milk choice in schools.





For more information visit
southeastdairy.org
milkpep.org
nationaldairycouncil.org



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