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**SCIENCE SUPPORTS THE IMPORTANT ROLE OF MILK,
INCLUDING FLAVORED MILK, IN CHILDREN'S NUTRITION**

CHICAGO, Nov. 11, 2009 - Leading health and nutrition organizations – including the American Academy of Family Physicians, American Academy of Pediatrics, American Dietetic Association, American Heart Association, National Hispanic Medical Association, National Medical Association and School Nutrition Association – recognize the valuable role that low-fat or fat-free milk, including flavored milk, can play in meeting daily nutrient needs, and helping kids get the daily servings of milk recommended by the Dietary Guidelines for Americans.

All milk contains a unique combination of nutrients important for growth and development. And flavored milk accounts for less than 3.5 percent of added sugar intake among children ages 6-12 and less than 2 percent of the added sugar intake among teens. Studies have shown that children who drink flavored milk meet more of their nutrient needs; do not consume more added sugar, fat or calories; and are not heavier than non-milk drinkers.

Flavored milk is an important choice because:

- Milk provides nutrients essential for good health and kids will drink more when it's flavored.
- Flavored milk contains the same nine essential nutrients as white milk – calcium, potassium, phosphorus, protein, vitamins A, D and B12, riboflavin and niacin (niacin equivalents).
- Drinking low-fat or fat-free white or flavored milk helps kids get the 3 daily servings* of milk recommended by the Dietary Guidelines for Americans, and provides three of the five “nutrients of concern” that children do not get enough of – calcium, potassium and magnesium as well as vitamin D.
- Low-fat chocolate milk is the most popular milk choice in schools and kids drink less milk (and get fewer nutrients) if it's taken away.

For more information on the science, visit:

- [2005 Dietary Guidelines for Americans](#)

- [Policy Statement on Soft Drinks in Schools from the American Academy of Pediatrics Committee on School Health](#)
- [Clinical Report: Optimizing Bone Health & Calcium Intakes of Infants, Children and Adolescents from the American Academy of Pediatrics' Committee on Nutrition](#)
- [Position of the American Dietetic Association on the Use of Nutritive and Nonnutritive Sweeteners](#)
- [Scientific Statement from the American Heart Association on Dietary Sugars Intake and Cardiovascular Health](#)
- As published in the *Journal of the American Dietetic Association*: [The nutritional consequences of flavored milk consumption by school-aged children and adolescents in the United States](#)
- As published in the *Journal of Adolescent Health*: [Children and adolescents' choices of foods and beverages high in added sugars are associated with intakes of key nutrients and food groups](#)
- As published in the *Journal of the American Dietetic Association*: [Drinking flavored or plain milk is positively associated with nutrient intake and is not associated with adverse effects on weight status in U.S. children and adolescents](#)
- As presented at American Dietetic Association's annual conference in October 2009: [The Removal of Flavored Milk in Schools Results in a Reduction in Total Milk Purchases in All Grades, K-12](#)
- [National Institute of Child Health and Development's Program: For Stronger Bones...for Lifelong Health...Milk Matters!](#)
- [United States Department of Health and Human Services Program: Best Bones Forever](#)
- [School Milk: Fat Content Has Declined Dramatically since the Early 1990s](#)
- National Dairy Council nutrition education resources:
 - *Fact Sheet*: [Top 5 Reasons to Raise Your Hand for Flavored Milk](#)
 - *Advertorial*: [Adding Chocolate to Milk Doesn't Take Away its Nine Essential Nutrients](#)

*3 cups of low-fat or fat-free milk or equivalent milk products for those 9 years of age and older and 2 cups of low-fat and fat-free milk or equivalent milk products for children 2-8 years old.

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