

## FLAVORED MILK INFORMATION

- There are several types of milk at the grocery store: whole, reduced fat, low fat, and fat free are most popular. Whole milk, which has no fat removed, contains 8 grams of fat per cup. Reduced fat milk (2%) contains 5 grams of fat, and low fat milk (1%) contains 2.5 grams of fat. Fat free milk has a trace amount of fat and has about half the calories of whole milk. Except for the differing amounts of fat, there is little nutritional difference between these types of milk. All provide nine essential ingredients.
- The American Academy of Pediatrics report on optimizing bone health recommends consuming low fat or fat free flavored milks, cheeses or yogurts containing modest amounts of added sweeteners (caloric and non-caloric).<sup>1</sup>
- Flavored milks are nutrient-rich and provide the same exact nutrients and benefits as unflavored milk. Both contain a high proportion of essential nutrients in relation to their caloric content. Children who consume flavored milk have higher calcium intakes, but similar total fat, and added sugar intakes, compared with children who do not drink flavored milk.<sup>2</sup> According to the 2005 Dietary Guidelines for Americans, small amounts of sugar added to nutrient-dense foods, such as reduced-fat milk products, may increase a person's intake of such foods by enhancing the palatability of these products, thus improving nutrient intake without contributing excessive calories.<sup>3</sup> Flavored milk contributes only 1 – 2% total added sugars to the diets of children and teens.<sup>4</sup>
- Research shows that children who consume flavored milk have greater total milk intake, less soft drink and fruit drink intake, but similar fruit juice intake compared with children who do not drink flavored milk.<sup>4</sup>
- Since the 1960's, the soft drink industry has spent billions of dollars on advertising. According to the U. S. Department of Agriculture, children today drink twice as much pop as they do milk. Carbonated soft drinks offer no healthful nutrients, but do provide lots of sugar. An average-size soft drink (12 oz) contains about 40 grams of sugar, equal to nine teaspoons. Extra sugar provides unneeded calories and increases the risk of obesity and tooth decay.

---

<sup>1</sup> American Academy of Pediatrics, Optimizing bone health and calcium intakes of infants, children and adolescents, *Pediatrics*, 117 (2):578-585; February 2006.

<sup>2</sup> Johnson et al, The nutritional consequences of flavored milk consumption by school-aged children and adolescents in the United States. *Journal of the American Dietetics Association*, 2002; 102(6):853-856.

<sup>3</sup> Dietary Guidelines for Americans, 2005, (6<sup>th</sup> edition), [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)

<sup>4</sup> Murphy M, Douglas J, Latulippe M, Barr S, Johnson R, Frye C. Beverages as a source of energy and nutrients in diets of children and adolescents. *Experimental Biology*, 2005, Abstract #275.4