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

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

Only 4% of added sugar in kids’ diets comes from flavored milk.

Kids ages 2-18 need:

- 9 essential nutrients in every 8 ounce glass of milk:
  - Protein, calcium, vitamins A & D, vitamin B12, riboflavin, niacin, phosphorus, pantothenic acid

- 3 servings of dairy a day & 2.5 servings a day for kids 4 to 8 years contributes to bone health for life.

Milk (including chocolate milk) contributes to bone health for life.
WHY CHOCOLATE MILK
for kids

An Added BONUS:
Chocolate milk helps meet nutrient needs while remaining affordable and convenient.

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

Why Chocolate Milk for Kids

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.

Sources:
USDA National Nutrient Database for Standard Reference, Release 28. The sugar and calorie data for chocolate milk are representative of milk available in 2015-2016 school year – MilkPEP School Channel Survey. % Daily Values are based on a 2,000 calorie diet.
Frary CD, Johnson RK, Wang MQ. Children and adolescents’ choices of foods and beverages high in added sugars are associated with intakes of key nutrients and food groups. J Adolesc Health 2004;34:56-63.

www.MilkMeansMore.org