When it comes to **NUTRITION**, not all drinks are created equal.

*The American Academy of Pediatrics states “Energy drinks pose potential health risks because of the stimulants they contain, and should never be consumed by children or adolescents.”

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.


For more information, please visit MilkMeansMore.org
THINK Milk with meals, water in between.

THINK Milk Did you know that with milk you can actually drink your protein? Each eight ounce serving of milk provides eight grams of high-quality protein, an essential part of a healthy diet.

THINK Milk Curious about the sugar found in milk? Fat-free milk contains no added sugars – it only contains lactose, an all-natural sugar found in milk as it comes from the cow.

THINK Milk Often considered “nature’s sports drink,” chocolate milk offers the same nine essential nutrients that regular milk does and an ideal carbohydrate-to-protein mix that supports physical activity. Plus, it tastes great!