

# EVERYTHING YOU NEED TO KNOW ABOUT FLAVORED MILK AND KIDS

essential  
**13**  
nutrients<sup>1</sup>

In every 8 ounce glass of milk :

protein	riboflavin	zinc
calcium	niacin	iodine
vitamin A	phosphorous	vitamin B12
vitamin D	pantothenic acid	selenium
potassium		

Did you know:

Kids who drink milk have higher nutrient intakes than non-milk drinkers. Just like white milk, flavored milk has the same 13 essential nutrients! <sup>2-4</sup>

What about added sugars?

While flavored milk does have added sugars, it still stands out as one of the most nutritious beverage options available to kids. The delicious flavors also increase the chances of a child's desire to choose milk over less nutritious options. <sup>2-4</sup>



# WHY IS FLAVORED MILK A GREAT DRINK FOR KIDS?

## Flavored milk is nutrient-rich.

Milk contains 13 essential nutrients that are important for children's growth and development. <sup>1</sup>

## It's the top milk choice in schools.

Serving flavored milk (a popular beverage option among kids) increases consumption of milk and overall student nutrition. <sup>5</sup>

## It's a nutritious option for student athletes. <sup>6</sup>

Chocolate milk is a great addition to any athlete's diet!

- Hydrates
- Replenishes electrolytes
- Supports bone health
- Provides energy-rich carbohydrates
- Promotes muscle repair

## It is affordable and convenient.

Flavored milk gives kids the nutrients they need to thrive at an affordable price. Plus, milk can be used in so many different ways!

- Add to a post-workout smoothie
- Add to cereal or oatmeal for a chocolate-y nutrient boost
- Warm to make hot chocolate or freeze to make a popsicle

## References:

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