Dairy and School Wellness

Low-fat and Fat-free Milk, Yogurt and Cheese are Among the Most Nutritious Choices at School

Seventy-seven percent of children ages 9-19 do not meet their recommended dairy intake[1], despite research showing that kids who get the recommended amounts of dairy foods have better nutrient intakes overall.[2] Together, milk, cheese and yogurt pack a powerful nutrient punch, providing nine essential nutrients including calcium, potassium, phosphorus, protein, vitamin A, D and B12, riboflavin and niacin, making dairy foods an integral part of school food choices.

Encouraging 3 Daily Servings of Dairy Foods

Consuming 3 cups per day of low-fat or fat-free milk or equivalent milk products is encouraged for:

- Healthy bones: People who consume more dairy foods have improved bone health.[3, 4]
- Better nutrient intakes: The Dietary Guidelines recognize that people who consume more dairy foods have better overall diets and consume more nutrients.
- Key nutrients for kids: Dairy foods provide three of the five nutrients of concern identified by the 2005 Dietary Guidelines for Americans for which children have low intakes: calcium, potassium and magnesium. For adolescents to meet calcium requirements, the American Academy of Pediatrics recommends four servings of dairy foods per day.[5]

Milk: A Nutrient-Rich Food

The American Academy of Pediatrics report on optimizing bone health recommends consuming low-fat or fat-free white or flavored milks, cheeses or yogurts containing modest amounts of added sweeteners.[5] According to the 2005 Dietary Guidelines for Americans, small amounts of sugars added to nutrient-dense foods, such as breakfast cereals and 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.[2] Flavored milk contributes only 2% of total added sugars to the diets of children and teens.[6]

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.[7]

Developed by the National Dairy Council and supported by leading health professionals.

Encouraging Kids to Get 3 Dairy Servings Everyday

- Kids drink more milk when schools offer it in plastic, re-sealable containers in different sizes, various flavors, served ice-cold and displayed well.[8]
- Kids love the great taste and drink more milk when it's available in flavors like chocolate, vanilla and strawberry.[8]
- Milk consumption increased an average of 37%, milk sales increased an average of 18% and lunch participation went up an average of 5% in secondary schools.[8]
- Milk provides more calcium and protein per penny compared to any other foods served on school lunch menus.[9]

For additional information on dairy and school wellness, visit www.NutritionExplorations.org, www.3aday.org, or contact your local Dairy Council.

[1] National Dairy Council, unpublished data based on the National Health and Nutrition Survey (NHANES), 1999-2002.
[2] Dietary Guidelines for Americans, 2005 [6th Edition]. www.healthierus.gov/dietaryguidelines.
[3] U.S. Department of Health and Human Services. Bone Health and Osteoporosis: A Report of the Surgeon General. Rockville, MD: U.S. Department of Health and Human Services, Office of the Surgeon General, 2004.
[4] Wooten W. and Price W. Consensus report of the National Medical Association: The role of dairy and dairy nutrients in the diet of African Americans. *Journal of National Medical Association*. 2004; 96(12):1S-28S.
[5] American Academy of Pediatrics, Optimizing bone health and calcium intakes of infants, children, and adolescents. *Pediatrics*, 117 (2):578-585; February, 2006.
[6] NPD Group's National Eating Trends and Nutrient Intake Databases, *Flavored Milk: Sugar in a Kid's/Teen's Diet.* September 14, 2005.
[7] Johnson, et al. The nutritional consequences of flavored milk consumption by school-aged children and adolescents in the United States. *Journal of the American Dietetic Association*, 2002; 102(6): 853-856.
[8] National Dairy Council and American School Food Service Association. The School Milk Pilot Test. Beverage Marketing Corporation for NDC and ASFSA, 2002.www.nationaldairycouncil.org.
[9] Shanklin CW & Wie S. Nutrient contributions per 100 kcal and per penny for the 5 meal components in school lunch: Entree, milk, vegetable/fruit, bread/grain, and miscellaneous. *Journal of the American Dietetic Association*, 2001; 101(11); 1358-1361.