

# FLAVORED MILK: Popular with STUDENTS, Smart for School MENUS



The best milk for students,  
is the one they will drink...  
*with FLAVORS!*

For more flavored milk facts,  
resources and assistance, contact:  
American Dairy Association North East  
at [schools@milks4u.org](mailto:schools@milks4u.org)



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# Students Love Flavored MILK OPTIONS!



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Students have  
Always Reached for  
**FLAVORED  
MILK!**

**It's an all-time favorite that helps drive meal participation.**



The fact is, flavored milk has all the same nutrients as white milk, so you can be assured you're serving them what they need and want.

**Look at all these benefits:**

- **Higher participation**  
Improving students' milk experience increases overall meal participation.
- **Greater milk consumption**  
Students will drink more of the milk when it's flavored.



Get the  
Facts About  
**FLAVORED  
MILK!**

- **Make school meals even more nutritious**

Calcium, vitamin D and protein are just some of the essential nutrients in flavored milk. And the great taste makes it more likely students will actually GET those nutrients.

- **NOT the childhood obesity culprit**

Studies show students who drink flavored milk do not have a higher body mass index (BMI) than those who do not drink milk\*.



\* Murphy MM, Douglas JS, Johnson RK, Spence LA. Drinking flavored or plain milk is positively associated with nutrient intake and is not associated with adverse effects on weight status in U.S. children and adolescents. J Am Diet Assoc. 2008; 108:631-639.

Make Sure Your  
School Menus Include  
**ALL THE FLAVORS**  
**STUDENTS  
LOVE!**

