

# Is Chocolate Milk Good for You?



Milk, Including **Chocolate Milk**, Is the #1 Food Source for 3 of 4 Nutrients of Concern<sup>1</sup>:

## Calcium

25% Daily Value

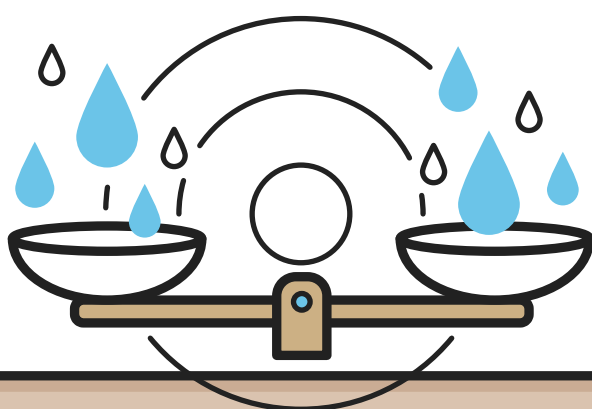
Helps build and maintain strong bones and teeth.



## Potassium

10% Daily Value

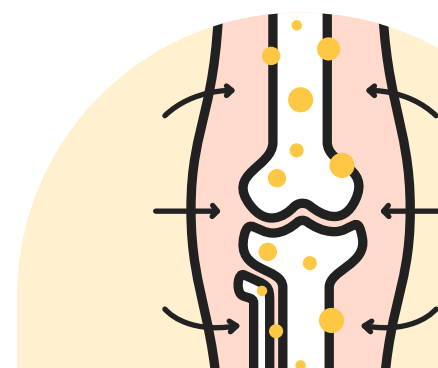
Helps regulate the body's fluid balance and maintain normal blood pressure.



## Vitamin D

15% Daily Value

Promotes the absorption of calcium to build and maintain strong bones and teeth.



## Nutrient-Rich

Like white milk, chocolate milk has the same **13 essential nutrients** important for kids' growth, development, and physical activity<sup>2</sup>.

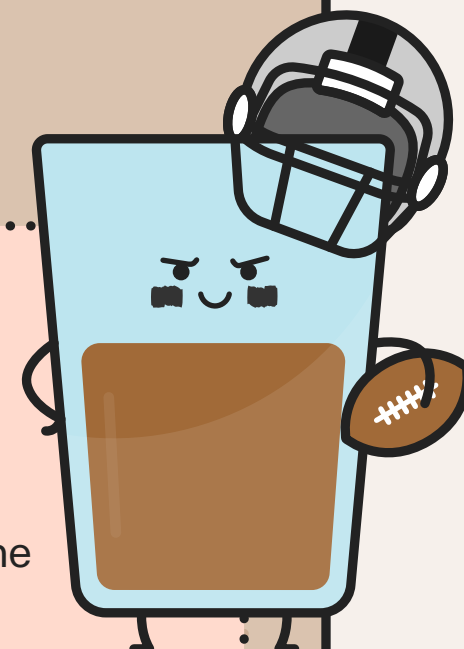
### Top Milk Choice in Schools

When chocolate milk is available in schools, it's the most popular milk choice and students drink more milk overall<sup>3</sup>.



### 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<sup>4</sup>.



### Better Diet Quality

Drinking chocolate milk is associated with improved diet quality in children<sup>5-6</sup>.

### A More Healthful Option

Chocolate milk is a great alternative to replace sugary beverages like soda and fruit drinks. It has much less added sugar and is packed with essential nutrients<sup>5,7</sup>.

## 1-2-3 Servings Each Day

A serving of chocolate milk can help **close the gap** between actual and recommended intakes of milk and milk's nutrients<sup>5,8</sup>.

**An Added Bonus:** Chocolate milk helps meet nutrient needs while remaining **affordable and convenient**<sup>5</sup>.



Dairy Sources:

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3. Hanks, Andrew S., et al. "Chocolate Milk Consequences: A Pilot Study Evaluating the Consequences of Banning Chocolate Milk in School Cafeterias." *PLoS ONE*, vol. 9, no. 4, 2014
4. NH Golden, SA Abrams. Optimizing bone health in children and adolescents. *Pediatrics*, 2014 - *Am Acad Pediatrics*. October 2014, VOLUME 134 / ISSUE 4.
5. National Dairy Council: [www.milkmeansmore.org/wp-content/uploads/2016/05/DMI-Fluid-Milk-in-School-Meal-Programs.pdf](http://www.milkmeansmore.org/wp-content/uploads/2016/05/DMI-Fluid-Milk-in-School-Meal-Programs.pdf)
6. Murphy MM, Douglass 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 US children and adolescents. *J Am Diet Assoc* 2008;108:631-639.
7. Johnson RK, Frary C, Wang MQ. The nutritional consequences of flavored-milk consumption by school-aged children and adolescents in the United States. *J Am Diet Assoc* 2002;102:853-856.
8. 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.