

Flavored Milk Consumption in School-Age Children

A Research Snapshot

New Research: Kids Benefit when Flavored Dairy Products Replace Sodas and Fruit Drinks

- A study published in the January 2004 issue of the *Journal of Adolescent Health* showed a positive effect on children's diets when kids choose flavored milks and yogurts instead of sodas and sweetened drinks. The study found that children ages 6-17 who consumed more than 6-8 ounces of flavored dairy products, such as milks, yogurts, ice creams and puddings, each day had better diets than those who regularly drank sodas and sweetened fruit drinks.

Frary, C.D. et al. Children and Adolescents' Choices of Foods and Beverages High in Added Sugars are Associated with Intakes of Key Nutrients and Food Groups. *Journal of Adolescent Health*. 2004; 34:56-63.

Flavored Milk Drinkers More Likely to Meet Calcium Requirements

- A study out of the University of Vermont found that children who drank flavored milk were more likely to meet their daily calcium requirements compared to their peers. The flavored milk drinkers consumed more calcium, without increasing their total added sugar or fat intake. Children and teens who drank flavored milk consumed more milk overall.

Johnson, R.K. 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; 102:853-56.

School Milk Benefits Kids' Overall Nutrition

- School vending is a very important way to deliver milk and calcium to kids and teens.
- Studies demonstrate that when children drink milk at lunch, they have a higher intake of several critical nutrients, including calcium, zinc and vitamin A. In one study, only those children drinking milk at lunch were able to meet their daily calcium requirement.

Johnson, R.K. et al. The Association Between Noon-time Beverage Consumption and the Diet Quality of School-aged Children. *Journal of Child Nutrition and Management*. 1998; 2:95-100.

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