

10 REASONS TO ENCOURAGE STUDENTS TO DRINK MILK

1 Milk contains 13 essential nutrients that you must get from food.^{1,2,3}

2 Milk provides 3 of the 4 nutrients commonly lacking in the American diet.^{4b}

3 Most students are not consuming the recommended amount of dairy.^{4c}

4 Three* servings of dairy a day helps build healthy bones for life.^{4d}
**2.5 servings /day for ages 4-8 years*

5 Dairy is included in all three diets outline in the Dietary Guidelines for Americans. School meals are based on these guidelines.^{4e}

6 Dairy can lower risk of chronic diseases including heart disease, type 2 diabetes, and obesity.^{5,6}

7 Students drink less milk when flavored options are removed.⁷

8 Kids who drink milk, including flavored milk, have better diet quality than kids who don't.^{8,9}

9 School-aged milk drinkers have higher nutrient intakes without adverse effects on weight compared to those who don't drink milk.¹⁰

10 The American Academy of Pediatrics and the US Dietary Guidelines for Americans support the addition of a small amount of added sugar to nutrient rich foods like milk.^{11,12,4a}



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