



HARD FACTS ABOUT FLAVORED MILK





Are you worried about sugar in flavored milk? Here are the facts:

3 teaspoons
is the amount of lactose (natural sugar) in
natural white milk
+
4 teaspoons
is the amount of sugar ADDED to FLAVORED
milk
=
7 teaspoons
is the TOTAL amount of sugar in FLAVORED
milk

So FLAVORED milk is
3 teaspoons of natural sugar
+
4 teaspoons of added sugar
=
about the same amount of sugar as an
8oz  soda

 8oz is the recommended
serving size for milk in
schools.

 Kids get milk at
breakfast and
lunch. That's
16oz a day.

 16oz of flavored
milk = 14
teaspoons of
sugar.

GET YOUR CHILD'S SCHOOL TO SERVE ONLY WHITE MILK!

Print out this sheet and give it to every parent in your child's school. Make sure they know the facts about flavored milk.

Check out the National Dairy Council's report:

http://www.nationaldairyCouncil.org/SiteCollectionDocuments/child_nutrition/health_kit/FMD09177_FlavoredMilk_V13.pdf