

SIP, SAVOR, SHINE:

BOOST THE SCHOOL DAY WITH CHOCOLATE MILK

POUR ON THE POWER!

Chocolate milk boasts 13 essential nutrients in every 8-ounce cup. Rich in protein and several B vitamins, chocolate milk is sure to help students power through their day. Milk delivers all of these important nutrients for growing bodies:

- Protein
- Calcium*
- Vitamin D*
- Potassium*
- Vitamin B12
- Niacin
- Riboflavin
- Magnesium
- Vitamin A
- Phosphorus
- Selenium
- Iodine
- Zinc

SAME DELICIOUS TASTE, LESS SUGAR THAN STORE-BOUGHT

Chocolate milk served in schools is specially formulated to contain less sugar. During the 2023-24 school year, chocolate milk contained 7.4 grams of added sugar. This is 50% less than what was served almost 20 years ago.

Because of this, school chocolate milk now only has 27.7 more calories than white milk.



Drinking milk
helps kids achieve
3 servings
of dairy a day

What's in your child's cup?

Sip smart and choose chocolate milk for a nutrition win. See how milk compares to other beverages. Visit www.stldairycouncil.org.

QUENCHES THIRST AND BUILDS BONES

Chocolate milk is a refreshing drink for active kids. Chocolate milk not only repairs and refuels muscles after a full day of adventures but also strengthens bones thanks to the calcium and vitamin D.

www.stldairycouncil.org

*According to the USDA Dietary Guidelines for Americans, the general U.S. population does not eat enough foods that are rich in calcium, potassium, vitamin D and fiber. Milk is an excellent source of calcium and a good source of potassium and vitamin D. Children ages 2-8 need 2 to 2-1/2 dairy servings daily, and children ages 9-18 need 3 dairy servings every day.