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Chocolate milk doesn't make a body fat
(Sources included)

Contact: Tami Anderson
303-451-7711

Flavored milk doesn't make a youngster fat

Some kids will drink any milk as long as it is chocolate.

And that's just fine with nutrition experts. The latest report is that youngsters who prefer chocolate or other flavored milk are getting the nutrients milk provides without overdosing on sweetening, says registered dietitian Judy Barbe, senior director of nutrition affairs for Western Dairy Association.

"A new study, released in the April issue of the Journal of the American Dietetic Association, found that young people who drink milk – flavored or white, it doesn't matter – consume more nutrients than children who do not drink milk," says Barbe. "Among these are nutrients that are insufficient in diets of both children and adolescents. What's more, the additional sugar in flavored milk is not making kids fat. The researchers found that body compositions of children who drink white or flavored milk are comparable to or leaner than their non-milk-drinking playmates."

The study compared nutrient intakes and body mass indexes among 7,557 children and adolescents ages 2-18. Some drank flavored milk (solely or in addition to plain milk), some drank exclusively plain milk, and others did not drink milk. Those who drank flavored milk did not take in more added sugars than non-milk drinkers. The milk-drinkers had significantly higher intakes of Vitamin A, calcium, phosphorus, magnesium and potassium than non-milk drinkers, with teen girls getting nearly twice as much calcium as teens who did not drink milk.

“Results of this study should set to rest fears that allowing youngsters access to flavored milk contributes to obesity,” says Barbe. “Limiting the availability of flavored milk may have the undesirable effect of reducing intakes of many essential nutrients. Milk seems to be a marker for a better diet. Over and over again, researchers find children who are regular milk consumers have overall better diets.

“Child health is a top priority for the dairy industry, and this research shows that both flavored and plain milk can be an important part of children’s daily diets.”

The 2005 Dietary Guidelines for Americans encourage children to enjoy three age-appropriate servings of low-fat or fat-free milk, cheese or yogurt each day. Barbe points out that less than half of children ages 2-8 and about one quarter of young people ages 9-19 meet the recommendations for dairy foods.

Barbe says the new findings confirm Dietary Guidelines suggestions that small amounts of sugars added to such nutrient-rich foods as low-fat and fat-free dairy products enhance the flavors and may increase intake of such foods without contributing excess calories. In addition, the School Milk Study Pilot Test found that school milk consumption increased by 37 percent through specific improvements such as plastic packaging, adding flavors, and better refrigeration and merchandising.

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Sources:

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