

## The Case for Chocolate Milk - Helpful Responses

Use these responses to comments or questions you may get about chocolate milk from administrators, teachers, parents or other members of the community. All responses are supported by scientific research and other studies published in the literature.

### Chocolate milk has too much sugar.

- There are only 2.5 teaspoons of extra sugar in a carton of chocolate milk. About half of the sugar in chocolate milk is from naturally occurring lactose.
- Although chocolate milk does have some added sugar, studies show that children who drink chocolate milk consume more milk overall, meet more of their nutrient needs, do not consume more added sugar or fat, and do not weigh more than non-milk drinkers.
- In addition, if you compare labels of chocolate milk and 100% fruit juice, you will see that they have very similar amounts of sugar; however chocolate milk is much more nutrient rich.

### Chocolate milk causes hyperactivity in children.

- According to scientific research, sugar does not cause hyperactivity or mood swings in children.
- Inactivity in children is a more significant contributor to children's behavior.

### Chocolate milk causes cavities.

- The American Academy of Pediatrics states that "Chocolate Milk is OK for your teeth."
- Calcium, phosphorus, and cocoa in chocolate milk may actually protect teeth from decay.
- Chocolate milk may be less likely to cause cavities than other foods such as raisins or candies that adhere to tooth surfaces.

### High fructose corn syrup is worse than sugar in chocolate milk.

- There is very little difference between sucrose (sugar) and high fructose corn syrup. Once absorbed they are indistinguishable to the human body.
- Sucrose is composed of 50% glucose and 50% fructose. High fructose corn syrup is composed of 55% glucose and 45% fructose.

### If you remove chocolate milk from the cafeteria, children will drink white milk.

- Recent studies have shown that when flavored milk was eliminated, elementary student milk consumption dropped dramatically, **an average of 35%**. This drop came from a combination of fewer students selecting milk and more milk being discarded.

### Other healthy options will still be available like water and 100% fruit juice.

- Yes, however 70% of students nationwide do not get enough calcium in their diets and milk is one of the best sources for calcium, plus eight other essential nutrients.
- Milk also provides three of the five "nutrients of concern" that children do not get enough of – calcium, potassium and magnesium.
- Low fat chocolate is the most popular milk choice in schools and kids drink less milk (and get fewer nutrients) if it's taken away.