

Wonderful White Milk!

- Sugary drinks are appealing to kids because of their super sweet taste. They are the #1 source of sugar these days, and children and teens are the highest consumers.
- The problem is that sugary drinks don't provide much nutrition and tend to "bump" healthier foods and drinks. This can make it hard for children to get all the nutrients they need.
- Chocolate milk is a sugary drink because of the added sugar. While it still offers good overall nutrition, we should limit it to once or twice a week while also keeping glass sizes small.
- Plain white milk often gets overlooked, but it's not so plain at all! It's full of protein, calcium and vitamin D, is a good source of fluid and when drank regularly, contributes to a healthy eating pattern.
- Children should be offered plain white milk so they can learn to enjoy it and to take advantage of the nutrients it provides.
- So what can you do? Offer your child white milk at meals. Encourage your child to choose white milk from the school milk program. Ask your school to only sell white milk. Send your child to school with a cold thermos of white milk. Talk to your child about making drink choices that will contribute to a healthy eating pattern.



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