



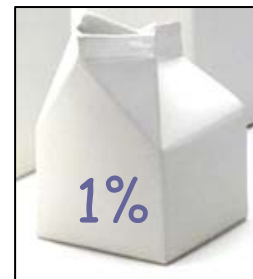
## Milk in Schools

**Recommendation:** Remove the requirement specifying that schools have to sell milk at 'various fat levels' and **allow schools to serve only low-fat or non-fat milk**, as is recommended in the *Dietary Guidelines for Americans*.

- The current law states that schools must serve fluid milk "in a variety of fat contents." No nutrition science exists to justify this requirement. Rather, the **Dietary Guidelines for Americans recommends that school-age children consume only low-fat and fat-free milk.**

### ❖ High-Fat Milks Still the Majority of Overall Milk Consumption

- Although sales of low-fat milks (1% and fat-free combined) have doubled over the past 25 years, whole and 2% milk still make up 70% of total U.S. milk consumption.<sup>1,2</sup>
- Currently, 44% of the milk ordered by schools is high in fat - either 2% or whole milk.<sup>3</sup> 97% of schools offer low-fat or fat-free milk. However, 31% still offer whole milk.<sup>4</sup>



### ❖ Switching to 1% or Fat-Free Milk Decreases Fat, Saturated Fat and Calorie Intake

- Milk is by far the largest source of saturated fat - the kind of fat that causes heart disease - in children's diets.<sup>5</sup> 2% milk contributes more saturated fat intake than any other food or drink consumed during breakfast by children.<sup>4</sup> While most people do not have heart attacks until they are in their 50s or 60s, heart disease has its roots in childhood.
  - The beginnings of atherosclerosis are seen in children as young as ten years old, and a quarter of children ages 5 to 10 years old already have

high cholesterol, high blood pressure, or another risk factor for heart disease.<sup>6</sup>

- A child who drinks one cup of 1% milk instead of 2% milk each school day would cut nearly 47,000 calories and 11 pounds of fat from her diet during her 13 years in school.<sup>7</sup>
- If the average American switched from drinking whole milk to fat-free milk, his saturated fat intake would drop from 12% of calories to 10%, the level recommended by the federal government's *Dietary Guidelines*.<sup>8</sup>
- Because milk should be a staple in children's diets, it is especially important to serve and promote low-fat options. Three servings (the recommended number for older children and teenagers) of 2% milk would use up about half of their day's budget for saturated fat.



### Nutrient Content of Different Types of Milk

	Calories 1 cup	Calories 3 cups	Saturated Fat (g) 1 cup	Saturated Fat (g) 3 cups	% Daily Value, Saturated Fat (3 cups)
Whole	150	440	4.5	14	68
2%	120	370	3	9	46
1%	100	300	1.5	4.5	23
Fat free	80	250	0	0.5	2

### ❖ Low-Fat and Fat-Free Milk Provide Important Health Benefits

- Milk is an important source of many essential vitamins and minerals in Americans' diets, such as calcium, vitamins A and D, potassium, and riboflavin. 1% and fat-free milk provide all the calcium and vitamins A and D found in whole and 2% milk, but with little or no saturated fat.

- 44 million Americans have either low bone mass or osteoporosis, which causes 2 million fractures and costs \$19 billion a year in direct hospital and nursing home expenses.<sup>9</sup> A healthy diet -- especially adequate calcium consumption -- and weight-bearing exercise can help build bone mass and prevent debilitating fractures.
- Since 98% of maximum bone density is reached by age 20, it is especially important that children get enough calcium.<sup>10</sup> Median daily intake (700 mg) of calcium by teenage girls is about half of the recommended level (1300 mg).<sup>11</sup>

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<sup>1</sup> U.S. Department of Agriculture. *Food Consumption (Per Capita) Data System*. Washington, D.C.: ERS, 2008. Accessed at <<http://www.ers.usda.gov/data/foodconsumption/>> on October 3, 2008.

<sup>2</sup> Excludes flavored milk. USDA consumption data does not separate 2% and 1% flavored milk consumption.

<sup>3</sup> Centers for Disease Control and Prevention. *School Health Policies and Programs Study 2006*. Accessed on August 5, 2008 at <[http://www.cdc.gov/HealthyYouth/shpps/2006/factsheets/pdf/FS\\_Nutrition\\_SHPPS2006.pdf](http://www.cdc.gov/HealthyYouth/shpps/2006/factsheets/pdf/FS_Nutrition_SHPPS2006.pdf)>.

<sup>4</sup> Food and Nutrition Service (FNS), U.S. Department of Agriculture. *School Nutrition Dietary Assessment Study - III*. Alexandria, VA: FNS, 2007.

<sup>5</sup> Subar A, Krebs-Smith S, Cook A, Kahle L. "Dietary Sources of Nutrients Among U.S. Children, 1989-1991." *Pediatrics* 1998, vol. 102, pp. 913-923.

<sup>6</sup> Freedman D, Dietz W, Srinivasan S, Berenson G. "The Relation of Overweight to Cardiovascular Risk Factors Among Children and Adolescents: The Bogalusa Heart Study." *Pediatrics* 1999, vol. 103, pp. 1175-1182.

<sup>7</sup> Calculation based on the average fat content of 1% milk (2.6 grams per cup) and 2% milk (4.7 grams per cup) (USDA Nutrient Data Laboratory. Accessed at <<http://www.nal.usda.gov/fnic/foodcomp/Data/SR15/wtrank/sr15a204.pdf>> on October 3, 2008. Assuming 1 cup of milk consumed per school day and an estimated 180 school days/year.

<sup>8</sup> Reger B, Wootan M, Booth-Butterfield S, Smith H. "1% Or Less: A Community-Based Nutrition Campaign." *Public Health Reports* 1998, vol. 113, pp. 410-419.

<sup>9</sup> National Osteoporosis Foundation. *Disease Statistics: Fast Facts*. Accessed at <<http://www.nof.org/osteoporosis/diseasefacts.htm>> on August 5, 2008.

<sup>10</sup> National Osteoporosis Foundation. *2005 Annual Report*. Accessed at <[http://www.nof.org/aboutnof/2005\\_Annual\\_Report\\_FINAL.pdf](http://www.nof.org/aboutnof/2005_Annual_Report_FINAL.pdf)> on October 24, 2008.

<sup>11</sup> National Academy of Sciences. *Dietary Reference Intakes for Calcium, Phosphorous, Magnesium, Vitamin D, and Fluoride*. Washington, D.C: National Academy Press, 1997.

