

The Case For and Against CHOCOLATE MILK

Click on the icons for references to studies or recommendations.

PROS



NUTRIENTS

Chocolate milk provides the same micronutrients as white milk - calcium, vitamin D, magnesium, and potassium - which are especially important for students facing food insecurity.



ACCEPTANCE

One study found white milk intake in school lunch decreases when chocolate milk is removed.



MENTAL HEALTH

Restriction of specific foods deemed "unhealthy" by societal standards is associated with higher rates of disordered eating in teens.

CONS



ADDED SUGAR

Chocolate milk contributes approximately 1 tsp. of added sugar to a child's intake.



CONSUMPTION

Other conflicting studies say students accept white milk over chocolate milk when chocolate milk is removed.



PHYSICAL HEALTH

Some studies show those who drink chocolate milk eat more added sugars daily, contributing to total energy intake.



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The Case For and Against

100% FRUIT JUICE

Click on the icons for references to studies or recommendations.

Pros



NO ADDED SUGAR

There is no added sugar in 100% fruit juice.



NUTRIENTS

Because of its favorable taste, juice can be a means for children to get some essential vitamins and minerals, especially for those unable to get their needs met at home.

It is also limited to 4 oz. servings at breakfast and lunch.



MENTAL HEALTH

Restriction of specific foods deemed "unhealthy" by societal standards is associated with higher rates of disordered eating in teens.

Cons



CONSUMPTION

Juice adds calories without the feeling of fullness that whole fruit offers, which may lead to increased calorie intake at mealtime.



MILK

Juice consumption can decrease milk intake, which may decrease protein, calcium and vitamin D in the diet.



WHOLE FRUITS

A recent study found that when juice is offered, whole fruit selection decreases. Whole fruits contain a variety of nutrients missing from fruit juice, such as fiber.



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