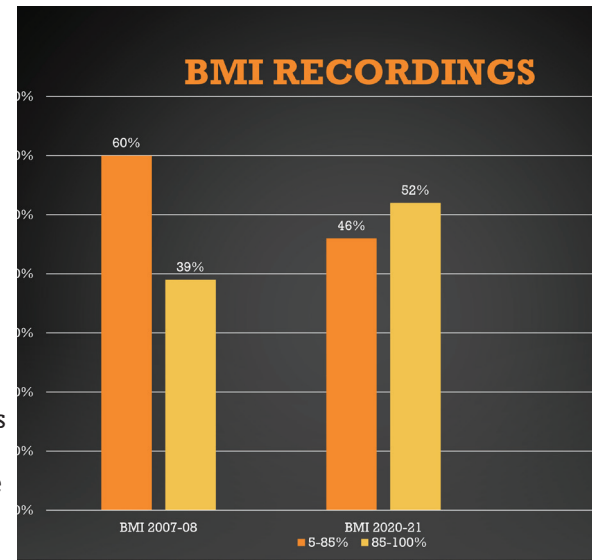


# Whole Milk for Healthy Kids

## Why whole milk should be an allowable choice at schools

Since 2010, the federal prohibition of Whole Milk in schools allows only fat-free and 1% low-fat milk to be served. In the Smart Snacks rules initiated in 2012, USDA also prohibits Whole Milk from being offered as an à la carte beverage or vending machine option.

- Since 2010, the BMI scores of students and rate of obesity and diabetes among young people have increased dramatically. Prohibition of whole milk has not had the desired effect and may be exacerbating the problem.
- School meals provide nutrition at the peak of the day when students need to be at their best. **Students have 2 meals a day, 5 days a week for 10 months a year at school. Allowing them to choose milk they love assures nutritional equity** so students from food-insecure homes can fully access milk's powerhouse nutrition.
- **Whole Milk is standardized to just 3.25% fat**, compared with low-fat milk at 1% fat. This is a healthy matrix of complex and beneficial fatty acids, mono- and poly-unsaturated as well as saturated, and Omega 3s.
- Multiple scientific reviews have found that foods containing saturated fatty acids, such as whole milk, are not associated with increased cardiovascular disease or diabetes risk. In fact, a peer-reviewed *American Journal of the American College of Cardiology* major review on health effects of saturated fat concluded there is **"no robust evidence for the current limit on saturated fat consumption, especially for children."**
- Several studies show children consuming Whole Milk had **reduced BMI and 40% reduced risk of being overweight**. In addition, a first-of-its-kind double-blind controlled clinical trial published in the Dec. 2021 *American Journal of Clinical Nutrition* showed no impact on cardiometabolic risk factors in children whose consumption of milkfat was *increased*, and BMI of this group declined during the trial, while the group whose milkfat consumption was *decreased* did not see a Body-Mass-Index (BMI) decline. Researchers said these findings were consistent with systematic meta-analysis and review of research.
- Several studies have shown that the milkfat in Whole Milk slows the rate of carbohydrate (lactose) absorption to **increase satiety, reduce hunger cravings, level blood sugar swings, and reduce digestive sensitivity**.
- Moderate consumption of milkfat has been associated with **improved mood and cognition**.
- The milkfat in Whole Milk promotes absorption of essential fat-soluble vitamins, such as Vitamins D, A, E and K. A study at St. Michael's Hospital in Toronto showed children consuming whole milk instead of low-fat or no milk **had three times higher blood-stores of Vit. D**.



BMI recordings graph presented by school nurse Christine Ebersole for a school district in Pennsylvania.

**THE RESULTS WERE ASTOUNDING!**  
**MILK WASTE WAS REDUCED FROM 3 GALLONS**  
**ON AVERAGE PER DAY IN 2018-2019**  
**TO AN AVERAGE OF 19 OUNCES IN THE**  
**2019-2020 SCHOOL YEAR.**

**That's a 95% reduction in waste.**

- Recent data show 40% of kids 3 to 13 do not get enough Calcium (even higher for adolescent girls), 50% do not get enough Potassium and 80% do not get enough Vit. D. When students are able to choose milk they love, they benefit from the package that **also has the fat content to improve absorption**. The 13 essential nutrients of milk include nutrients of concern like Calcium, Vitamins A, D, B12, B5, B6, Potassium, Riboflavin, Phosphorus, Niacin, Thiamin, Zinc, Magnesium.
- 8 oz of milk has 8 g of **high-quality complete protein** – containing all 9 necessary amino acid building blocks for health.
- While there are more calories in 8 oz of Whole Milk than 8 oz of fat-free milk, **those calories are not empty!** **Milk is a nutrient dense food/beverage**. The milkfat provides satiety, which is important for maintaining a healthy weight.

**Plus, when the fat is retained, less sugar is added to flavored milk! That's a big win too!**

Briefing presentations, a student video, 2019-22 citizen's petition of 25,000, and other materials can be found in the online folder at <https://qrco.de/WholeMilk> (scan QR)

Grassroots PA Dairy Advisory Committee  
and 97 Milk • [97milk.com](http://97milk.com)

Contact volunteer Sherry Bunting  
[agrite2011@gmail.com](mailto:agrite2011@gmail.com) • 717.587.3706



SCAN ME