



MILK



New Standards

School Food Authorities shall offer fat-free (skim) and low-fat (1%) milk at all points of service.

School Food Authorities shall strive to eliminate 2% and whole milk offerings.

Rationale

Milk consumption has been associated with overall diet quality and adequate intake of many nutrients. The intake of milk products is especially important to bone health during childhood and adolescence.

The *2005 Dietary Guidelines for Americans* (DGAs) recommend consuming fat-free and low-fat milk and milk products on a daily basis, with a key recommendation to consume three cups per day of fat-free or low-fat milk.

Children two to eight years old should consume two cups per day of fat-free or low-fat milk.

What is low-fat milk?

The DGAs recommend consuming low-fat or fat-free milk. One-percent milk is considered to be low-fat milk and skim milk is fat-free milk. Low-fat and skim milks offer as much (and sometimes more) calcium, protein, phosphorus, and Vitamin D as higher-fat milks, but they are lower in fat, saturated fat, and cholesterol.