Why Whole Milk?

For the first time in more than 15 years, due to recent changes to federal nutrition guidelines, whole milk is now allowed in schools – and for good reason



Whole milk contains the same 13 essential nutrients as lower-fat varieties including calcium, vitamin D and potassium, which are critical for nourishing brains, bones and bodies.

What are the benefits of whole milk?

The natural fat in whole milk helps children absorb fat-soluble vitamins like A, D, E, and K.[1,2]

Evidence suggests that dairy foods, including whole milk, may enhance satiety. This can help children feel fuller longer.[3-6]

Studies indicate that consuming dairy foods at a variety of fat levels can support healthy weight and beneficial health outcomes for children and adolescents.[7-12]

Fuel for the School Day

Dairy milk, including whole milk, is a good source of high-quality protein and carbohydrates that can help fuel a day of learning.

Many students simply prefer the taste of whole milk — meaning they are more likely to actually drink it and get the nutrients their growing bodies need.



13 Essential Nutrients!

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