

# MILK

## New Requirements

School Food Authorities shall offer only fat-free (skim, either flavored or unflavored) and unflavored low-fat (1%) milk at all points of service.

## Foundations

Milk consumption has been associated with overall diet quality and adequate intake of many nutrients. USDA requires that School Food Authorities offer a daily variety of milk fat.

Milk group foods are good sources of protein, calcium, riboflavin, phosphorus, potassium, vitamin A, and vitamin D.

The intake of milk products is especially important to bone health during childhood and adolescence. The 2010 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.

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## Serving Reconstituted Milk in Alaska

According to regulation, in Alaska where it is difficult to get fresh milk on a regular basis, schools are allowed to serve reconstituted powdered milk. This milk must be made according to the instructions to be part of a reimbursable meal. Mixing this milk well ahead of the meal service and serving it at refrigerator temperature will make it more acceptable to the students.

## What is Low-Fat Milk?

The DGAs recommend consuming low fat or fat-free milk. One-percent milk is considered 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.



## Using USDA Foods

USDA Foods offers Ultra-high Temperature Processed (UHT) milk, which is shelf stable. Ultra-high processing is the sterilization of food by heating it for an extremely short period.

## Menu Tips

- Consider offering milk in new packaging. Students drink more milk when it's offered in "cool" packages. School milk is available in 1% white, skim white or flavored skim.
- Offering a variety of 1% and skim milk flavors will encourage students to drink more milk.
- Make sure to keep your milk cold. Milk served at the correct temperatures is more appetizing to everyone.

## Recipe Ideas

- Adjust recipes, use low-fat milk products in cooking and baking to help reduce the amount of fat, saturated fat, and cholesterol in foods.
- Milk recipes used in nutrient analysis should accurately reflect the milk served every day.
- Only milk served fluid is creditable in the National School Lunch Program and School Breakfast Program.

## Alaska Option

Milk is a local option for Alaska.

*Milk consumption has been associated with overall diet quality and adequate intake of many nutrients.*



## Milk Comparison

8 oz milk	Calories	Calcium (mg)	Fat (g)	Sat. Fat (g)
Fat-free (skim)	90	300	<.5	<.5
Fat-Free chocolate	140	400	<.5	<.5
1% (low-fat)	120	350	2.5	1.5