

# Milk: A Nutrient Powerhouse

**Meet milk!** It's packed with nutrients you need to build a strong, healthy body and to have the energy to stay active and fit. Calcium, vitamin D, phosphorus, riboflavin, protein, vitamin B-12, potassium, vitamin A, and niacin — these nutrients are essential to good nutrition. In fact, without milk in your diet, it's difficult to get the right amounts of important nutrients.

## → How Much Do You Need?

- The Dietary Guidelines for Americans recommend three servings of lowfat or fat free milk each day for teens and adults.

## → The Facts About Milk

The experts agree. Milk is a nutrient powerhouse:

- Each 8-ounce serving of milk, whether it's white or flavored, contains 300 mg of calcium.
- Milk drinkers tend to have better quality diets that are richer in essential nutrients, compared to non-milk drinkers.
- Milk is packed with bone-building nutrients, including calcium, vitamin D, and protein. In fact, milk is the leading source of vitamin D in the diet.
- Flavored milk has the same nine essential nutrients as white milk.
- Milk provides nutrients that work hard for healthy, glowing skin, strong hair, teeth and nails, and along with exercise, a lean, toned body.

## → Part A: Nine Reasons Why You Should "Get Milk"

Anyone got milk? It's recommended that teens should have three glasses of lowfat or fat free milk a day. That's easy to remember, but do you know why you should drink milk? Check out milk's nine nutrients below, then unscramble the words to complete the statement to learn more about its benefit.



### 3. VITAMIN A 10% DV\*

Vitamin A helps support healthy ivnso and kins. \_\_\_\_\_

### 1. CALCIUM 30% DV\*

Calcium helps build and maintain strong bones and helps reduce the risk for tsessr rateruesf. \_\_\_\_\_

### 2. VITAMIN D 25% DV\*

Vitamin D helps the body basrob ciucalm for healthy bones. \_\_\_\_\_

### 4. RIBOFLAVIN 20% DV\*

Riboflavin (Vitamin B-2) plays an important role in converting food to ygrene. \_\_\_\_\_

### 5. PROTEIN 16% DV\*

Protein, along with exercise, helps to build and maintain neal uslcm and supports strong, healthy hair and fingernails. \_\_\_\_\_

### 6. VITAMIN B-12 13% DV\*

Vitamin B-12 is important to the development of edr loodb elcs. \_\_\_\_\_

### 8. PHOSPHORUS 20% DV\*

Phosphorus works with calcium and Vitamin D to help maintain tgonsr nesbo. \_\_\_\_\_

### 9. NIACIN 10% DV\* (NIACIN EQUIVALENTS)

Niacin (Vitamin B-3) helps the body's nezmyse function normally. \_\_\_\_\_

### 7. POTASSIUM 11% DV\*

Potassium helps regulate the balance of lfuids in the body. \_\_\_\_\_

→ To find out more about why milk is such a great beverage choice, visit the **Body By Milk** website ([bodybymilk.com](http://bodybymilk.com)).

## → Part B: Make Your Milk Mustache

Go to the **Body By Milk** website ([bodybymilk.com/myomma/](http://bodybymilk.com/myomma/)) and follow the directions for uploading a picture of yourself and making your own Milk Mustache ad. It's easy and it's fun. All you have to do is upload a photo, pick your favorite benefit of milk, choose your character and background, and put on a milk mustache!

\*Percent Daily Values for 8-ounce glass of fat free milk. Daily Values were developed by the Food and Drug Administration and reflect current nutrition recommendations for a 2,000 calorie-a-day diet.



# Think About Your Drink

**Choosing lowfat or fat free milk** instead of sugary soft drinks is not only a more nutritious option, it may help you look and feel your best. Studies show that teenagers who drink milk instead of sugary drinks tend to be leaner and have better quality diets richer in essential nutrients. Remember to limit sugary soft drinks, which are on average, the number one source of calories and added sugars in a teen's diet. Instead, grab a nutrient-packed lowfat or fat free milk.

## → Part A: Just the Facts

You might think you know all the facts about what you drink – but do you? Take the true/false quiz below to see what you know. Visit the *Body By Milk* website ([bodybymilk.com](http://bodybymilk.com)) to find the answers to any questions you're not sure about.

- On average, beverages supply nearly a quarter (22%) of calories to the diet.  T  F
- The average teenage girl consumes three times the amount of sugary beverages (soft drinks, fruit drinks, and sports drinks) as she does milk.  T  F
- Fifteen percent of an adult's height is added during the teen years.  T  F
- Chocolate milk provides the same nine essential nutrients as white milk.  T  F
- A specially-formulated sports drink is the best choice after exercise.  T  F
- Lowfat milk may offer an advantage compared to water or traditional sports drinks when it comes to staying hydrated after exercise.  T  F
- Most teens already get the milk they need.  T  F
- Only young kids need to drink milk.  T  F
- You need three servings of juice every day.  T  F
- Milk is packed with nine essential nutrients – including calcium, vitamin D, and protein.  T  F

## → Part B: Label Logic

You see them on every food or drink you buy, but do you know how to read a nutrition facts panel? Here's a quick guide to get the real facts on nutrition!

Sample Label for 1% Lowfat Milk

Nutrition Facts	
Serving Size 1 cup (8 oz) Servings Per Container About 8	
Amount Per Serving	
Calories 100    Calories from Fat 20	
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	0%
Cholesterol 15mg	4%
Sodium 105mg	4%
Potassium 370mg	11%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 8g	
Vitamin A	10%
Vitamin C	0%
Calcium	30%
Iron	0%
Vitamin D	25%
Riboflavin	20%
Niacin**	10%
Vitamin B-12	13%
Phosphorus	20%
Magnesium	7%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Start Here →

Limit These Nutrients →

Important Nutrients →

These nutrients are not required on a label so they may not always be listed. →

Quick Guide to % DV  
5% or less is low  
20% or more is high

## → Part C: Dare to Compare

Now check out the facts for yourself by comparing lowfat white milk with some of your other favorite beverages. Then, answer the following questions?

- Which drink has the most protein?
- Which drink provides the most vitamin C?
- Which drink provides the fewest nutrients?
- Which drink provides vitamin D?
- Which drink has the most sugars?

1% Lowfat Milk

Nutrition Facts	
Serving Size 1 cup (8 oz) Servings Per Container About 8	
Amount Per Serving	
Calories 100    Calories from Fat 20	
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	0%
Cholesterol 15mg	4%
Sodium 105mg	4%
Potassium 370mg	11%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 8g	
Vitamin A	10%
Vitamin C	0%
Calcium	30%
Iron	0%
Vitamin D	25%
Riboflavin	20%
Niacin**	10%
Vitamin B-12	13%
Phosphorus	20%
Magnesium	7%

100% Orange Juice

Nutrition Facts	
Serving Size 1 box (8 oz) Servings Per Container 1	
Amount Per Serving	
Calories 120    Calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 440mg	13%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	2%
Sugars 21g	
Protein 2g	
Vitamin A	2%
Vitamin C	140%
Calcium	2%
Iron	2%
Vitamin D	0%
Riboflavin	6%
Niacin**	4%
Vitamin B-12	0%
Phosphorus	4%
Magnesium	6%

Diet Cola

Nutrition Facts	
Serving Size 1 can (12 oz) Servings Per Container 1	
Amount Per Serving	
Calories 0    Calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 30mg	1%
Potassium 30mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%
Vitamin D	0%
Riboflavin	0%
Niacin**	0%
Vitamin B-12	0%
Phosphorus	4%
Magnesium	0%

Sports Drink

Nutrition Facts	
Serving Size 1 bottle (20 oz) Servings Per Container 1	
Amount Per Serving	
Calories 160    Calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 240mg	10%
Potassium 90mg	2%
Total Carbohydrate 39g	1%
Dietary Fiber 0g	0%
Sugars 32g	
Protein 0g	
Vitamin A	0%
Vitamin C	4%
Calcium	0%
Iron	2%
Vitamin D	0%
Riboflavin	0%
Niacin**	6%
Vitamin B-12	0%
Phosphorus	6%
Magnesium	0%

Note: These nutrition facts labels are for educational purposes and not actual labels.  
\*\*Provided through niacin equivalents. Data from USDA National Nutrient Database for Standard Reference, Release 22.

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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# Rebuild, Rebound, Refuel

## You probably know

that it's recommended that you get 60 minutes of physical activity each day. But, did you know that experts suggest there is a two-hour recovery window after exercise, which is the best time to refuel and rehydrate your body to keep it in top shape?

Discover for yourself!

Conduct your own research project, and find an article or scientific study about chocolate milk as a recovery beverage. Bring it to class for discussion.

## ➔ Part A: Refuel with Chocolate Milk!

When you're active, good nutrition is especially important. Milk (including chocolate milk!) is a nutrient-rich powerhouse that not only provides the fuel your body needs to be active, but also the fluids and nutrients your body needs to recover after exercise. Plus chocolate milk has the right mix of nutrients to help active bodies refuel. In fact, recent studies found that drinking lowfat milk offers an advantage compared to water or traditional sports drinks when it comes to staying hydrated after strenuous exercise. Remember to:

- Rebuild with** ➔
  - **Protein** to help build muscle and reduce muscle breakdown.
  - **Calcium and vitamin D** to help build and maintain strong bones and help reduce the risk of stress fractures.
- Rebound with** ➔
  - **Electrolytes**, including calcium, potassium, and magnesium, to replenish what's lost in sweat.
  - **Fluids** to help rehydrate the body.
- Refuel with** ➔
  - The right mix of **carbohydrates** and **protein** to refuel muscles.
  - **B vitamins** – **riboflavin**, **niacin**, and **vitamin B-12** – to help convert food to energy.

## ➔ Part B: Get Milk, Get Going, and Get Fit!

Ready to make milk part of your active lifestyle? Use this calendar chart to track your physical activity for a week and record what you did to rebuild, rebound, and refuel after exercise. We've even included a *Milk Tip of the Day* to help you make milk part of your everyday diet!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What I did to get active:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
How long?	<input type="text"/> mins.	<input type="text"/> mins.	<input type="text"/> mins.	<input type="text"/> mins.	<input type="text"/> mins.	<input type="text"/> mins.	<input type="text"/> mins.
What did I do to refuel after exercising?	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
How many 8-ounce servings of milk did I drink today?	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>Milk Tip of the Day</b> <small>(Check the box after you complete each tip of the day)</small>	Drink chocolate milk after your workout – it has the right mix of carbs and protein to help refuel tired muscles. <input type="checkbox"/>	Grab milk from a vending machine or a la carte line - it's a good source of protein, which helps build muscles and support strong, healthy hair and nails. <input type="checkbox"/>	Make a nutritious smoothie with milk, yogurt, and fresh fruit! Milks rich in calcium and vitamin D to help build strong bones and help reduce the risk of stress fractures. <input type="checkbox"/>	Ditch the sodas and make milk the perfect complement to your dinner. Research suggests that teens who regularly drink milk instead of sugary beverages tend to be leaner than those who don't. <input type="checkbox"/>	Don't skip breakfast – have a bowl of cereal with milk! Milk has B vitamins for energy to help get you going. <input type="checkbox"/>	Not all milk has to be drunk from a glass! Choose a latte made with fat free milk. It's a great way to enjoy another serving of milk. <input type="checkbox"/>	Add some chocolate syrup to your milk for a good-for-you treat. White or flavored, milk is a nutrient powerhouse, packed with 9 essential nutrients your body needs. <input type="checkbox"/>



**Blog About It!** Write a *Get Fit* blog (or keep a notebook log) during the week you are tracking your exercise routine. Describe how you feel before and after the daily physical activity, how you made milk a part of your daily routine and recovery, and any other thoughts about getting moving and getting milk!

# Feeling Good from the Inside Out

**Milk is about** looking and feeling your best, and it's about good times, too. Pick up a glass of chocolate milk and see if that doesn't put a smile on your face!

## → Part A: Have Some Fun with Milk!

Tackle this fun milk quiz! It's one set of questions that we're pretty sure you'll ace. Share the quiz with your friends, too. It's a great way to have some fun and talk up the benefits of drinking milk! Just circle the letter of each correct answer.

- A great smile is important, so you drink milk because:
  - Milk mustaches are funny.
  - Milk has calcium that helps build healthy teeth.
  - Milk makes you smile.
- Milk helps contribute to healthy skin because:
  - The vitamin A in milk helps support healthy skin.
  - Washing your face with milk helps your skin look smooth.
  - Milk won't give you wrinkles.
- You want strong bones and drink milk because:
  - Studies show that regularly drinking milk during the growing years (that's all the way through late teens/early twenties) is linked to greater height.
  - Stretching exercises encourage growth, and since the milk is on the top shelf in the fridge, you have to stretch to reach it.
  - Taylor Swift drinks milk and she's 5'11".



- The B vitamins in milk – riboflavin, niacin, and vitamin B-12 – are important because:
  - With a name like riboflavin, it's got to be good for you.
  - It's like grades – B vitamins are better than F vitamins.
  - They help give you the energy you need to be active and fit.

- Swapping out sugary beverages for lowfat milk is good for teens because:
  - Demi Lovato rocks a milk mustache.
  - Studies suggest teens who drink milk instead of sugary beverages tend to be leaner than those who drink little or no milk.
  - If you tilt the glass just right you can make a milk mustache.
- You're not a jock but you'd like to look like one. You drink milk because:
  - Jocks like Dwight Howard drink milk, so if you drink milk your friends will think you're a jock, too.
  - It's a long walk to get a carton of milk.
  - The protein in milk, along with exercise, can help build and maintain lean muscle.

## How Did You Do?

6 correct answers = You're a real milk maestro!

5 correct answers = You do know your milk.

4 or fewer correct answers = Try again; we're sure you can do better.

## → Part B: Change Your Drink, Change Your Body

March is National Nutrition Month®. Sponsored by the American Dietetic Association, National Nutrition Month® is designed to focus attention on the importance of making smart food choices, eating a balanced diet, and being physically active. With your team, create a storyboard for a National Nutrition Month® public service ad that tells teens WHY they should drink milk for a change. Be as creative as you can – make your ad edgy, make it funny, make it fun!

Use the template below to begin sketching your ideas.

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