

Dear School Nurse,

In celebration of March's National Nutrition Month®, Young Minds Inspired (YMI) has teamed with the nation's milk processors to bring you this **Body By Milk** health education program, which includes activities to motivate kids to drink milk, eat a balanced diet, and be active. This program is presented by the Milk Processor Education Program (MilkPEP), which is committed to educating consumers about the health benefits of milk and is responsible for the National Milk Mustache "got milk?"® Campaign.

The **Body By Milk** program, which includes two reproducible student handouts and a wall poster that you can display in your office or hallway, is designed to help the students in your school understand the importance of engaging in at least 60 minutes of moderate to vigorous physical activity and eating a balanced diet each day – including three servings of lowfat or fat free milk – to benefit their overall health. Furthermore, this program will help young people – who typically drink twice as much soda as milk—understand why lowfat or fat free milk is a better choice than sugary drinks such as soft drinks, juice drinks, and sports drinks.

Health educators at your school will also receive additional **Body By Milk** information. We encourage you to work with these health educators to schedule a time for you to present these additional facts and activities to their class, as the two programs ideally complement each other. For more information on the health educator **Body By Milk** program or to download a copy, go to ymiclassroom.com/bodybymilk.html.

Feel free to share these materials with other educators in your school. Although these materials are protected by copyright, you may make as many copies as you need. Please return the enclosed reply card to let us know your opinion of the program. We depend on your feedback to continue providing free educational programs that make a real difference in the classroom and the lives of your students.

Sincerely,



Dr. Dominic Kinsley, Editor in Chief



For questions, contact us at
1-800-859-8005 or e-mail us
at feedback@ymiteacher.com.



For more information on the health benefits of milk, or to download the entire program, and for additional resources, go to www.milkdelivers.org.

➔ A Few Facts About Milk

Milk is packed with nine essential nutrients important for health. In fact, without milk in a teen's diet, it's difficult to get the right amounts of the key nutrients.¹⁻³ Here are a few reasons why it is so important for teens to get the recommended three glasses of lowfat or fat free milk a day:

- **Nutrient Powerhouse:** Milk is packed with nine essential nutrients including protein for lean muscles and B vitamins for energy, important to overall health.
- **Build Better Bones:** Milk is packed with bone-building nutrients, including calcium, vitamin D, protein, and phosphorus, especially important during the teen years. Studies show that regularly drinking milk during the growing years (that's all the way through late teens/early twenties) is associated with greater height, bone size, and bone mineralization, while research has linked regularly skipping milk to reduced height and increased fracture rates.⁴⁻⁶
- **Healthy Skin, Hair, and Teeth:** Milk is a good source of high-quality protein that helps to support strong, healthy hair and fingernails to help teens look their best.

And, as an excellent source of calcium, milk can help keep teeth healthy and strong.

- **Nature's Protein Drink:** Milk is a great choice after exercise because it contains the right mix of nutrients to help muscles refuel. Milk has high-quality protein to build lean muscle, calcium to keep bones strong, electrolytes such as potassium, magnesium, and calcium that are lost in sweat, and fluids to help with hydration.⁷⁻¹⁰
- **Sugary Drink Swap:** Studies suggest that teens who drink milk instead of sugary drinks tend to be leaner than teens who drink little or no milk.¹¹⁻¹³

➔ A Word About Maintaining a Healthy Weight

Schools, parents, educators, and health practitioners are faced with the daily challenge of helping kids maintain a healthy weight. While there's no simple one-size-fits-all solution, research suggests that being active, eating right, and drinking three glasses of lowfat or fat free milk every day

may help teens maintain a healthy weight. Plus, the protein in milk, along with exercise, helps build muscle.

Studies suggest that teens who drink nutrient-rich milk instead of sugary drinks tend to be leaner than teens who drink little or no milk. In fact, a recent study in *Journal of the American Dietetic Association* found that kids who drink flavored or plain milk get more nutrients and have a lower or comparable body mass index (BMI – an indicator of weight status) than children who don't drink milk.¹¹

➔ A Note on Lactose Intolerance

According to the 2005 Dietary Guidelines for Americans, "those who avoid milk because of its lactose content may obtain all the nutrients provided by the milk group by using lactose-reduced or low-lactose milk products, taking small servings of milk several times a day, taking the enzyme lactase before consuming milk products, or eating other calcium-rich foods."

Program Components

- This four-page program guide.
- Two reproducible student handouts.
- A colorful wall poster to display in the nurse's office or hallways.
- Reply card for your important comments.

Target Audience

This program has been designed for high school students. These informative handouts are for distribution by the school nurse or to enhance a school nurse's presentation to health education classes.

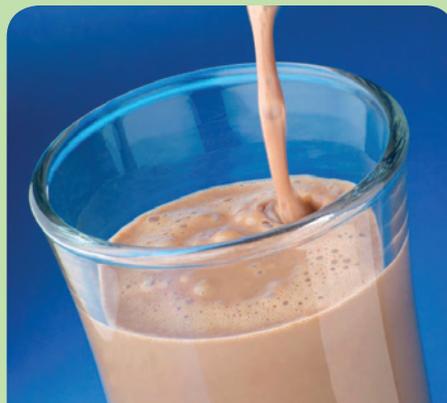
How to Use This Guide

- Review the materials by reading the activities in tandem with the explanation of the activities that follows.
- Coordinate with the health teachers in your school to schedule time to present information about the U.S. Department of Agriculture (USDA) MyPyramid (Student Handout 1) to their classes. In preparation, photocopy Student Handout 1 for each student. Also, photocopy Student Handout 2 and make it available to the students who visit your office or to each health teacher for use in their classroom.
- Display the poster in a prominent location in your office or in the hallway. Reference the poster when you talk with students about the importance of eating right, being active, and drinking lowfat milk.



Student Handout 1. It's a Health Thing...

This activity is designed to be used in cooperation with the health education teachers in your school. Coordinate with these health teachers to schedule a time to present Student Handout 1 and to talk about the U.S. Department of Agriculture (USDA) MyPyramid with their students. Or, photocopy the handouts and share with students who visit the nurse's office. The goal is to help students understand how they can use the MyPyramid to make decisions about healthy food choices. Be sure to emphasize the importance of including nutrient-rich foods like lowfat and



More on Chocolate Milk

Some schools and activist groups are looking to remove lowfat chocolate milk from cafeterias, but this actually could do more nutritional harm than good. Chocolate milk is the most popular milk choice in schools and some research suggests kids will drink less milk (and get fewer nutrients) if it's taken away.¹⁴ Visit raiseyourhand4milk.com for more information.

fat free milk as part of their daily diet and to discuss the nine essential nutrients that make milk such a nutrient powerhouse (see the information that is provided on Student Handout 2).

To begin, on the back of the activity sheet ask students to list the foods they ate—including beverages—and the physical activity they did the previous day. Ask students to evaluate the choices they made. Ask students: *Did you choose foods from each of the five food groups each day? Did you consider substituting milk for sugary drinks like soft drinks or sports drinks? Did you get at least 60 minutes of exercise each day?*

To help students improve and monitor their progress, encourage them to keep a weekly food and activity log (they can follow the format on the Student

Handout or design their own). Refer to the MyPyramid ([MyPyramid.gov](http://www.mypyramid.gov)) to ensure that their food choices are the best they can be and emphasize the Milk Group and the recommended three 8-ounce servings needed daily. Remind students that chocolate milk, cereal, lattes, yogurt, etc. can count towards their daily requirements for the Milk Group. Also, the Menu Planner (<http://www.mypyramidtracker.gov/planner/>) can be an especially helpful tool.

Student Handout 2. Eat Right. Be Active. Drink Milk.

Make copies of this sheet available to the students who visit the school nurse's office, and/or to the health educators in your school. If you are presenting to a health class, make copies and pass them out to the students in the class. Be sure to point out that the percentages on the handout are the Percent Daily Values for an 8-ounce glass of fat free milk. Daily Values reflect current nutrition recommendations for a 2,000-calorie-a-day diet.

National Health Education Standards

Activity	National Standards Addressed
1	Standards 3, 4, 5, 7
2	Standards 3, 5, 7

To reference the standards, go to cdc.gov/healthyouth/sher/standards/

Resources

Body By Milk – bodybymilk.com
Milk Processor Education Program (MilkPEP) – milkdelivers.org
U.S. Department of Agriculture (USDA) MyPyramid – MyPyramid.gov
Young Minds Inspired – ymiclassroom.com

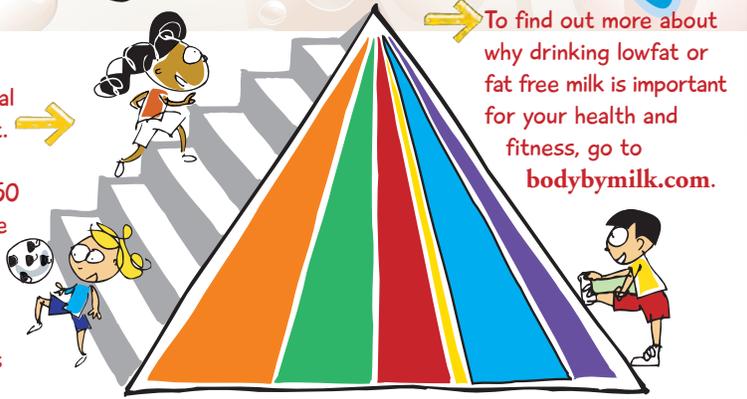
Select References

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2. Douglass J, et al. Associations between patterns of beverage consumption and nutrient intakes and BMI in the U.S. *FASEB J.* 2007;A833.5.
3. Weinberg LG, et al. Nutrient contributions of dairy foods in the United States. Continuing Survey of Food Intakes by Individuals, 1994-1996, 1998. *J Am Diet Assoc.* 2004;104:895.
4. Goulding A, et al. Children who avoid drinking cow's milk are at increased risk for prepubertal bone fractures. *J Am Diet Assoc.* 2004;104:250-253.
5. Rockell JEP, et al. Two-year changes in bone and body composition in young children with a history of prolonged milk avoidance. *Osteoporosis Int.* 2005;16:1016-1023.
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10. Shirreffs SM, et al. Milk as an effective post-exercise rehydration drink. *Br J Nutr.* 2007;98:173.
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It's a Health Thing...

You may have heard the advice: To be healthy and fit you need to exercise regularly and eat a balanced diet. But, do you know what this means? Let's find out together by investigating the U.S. Department of Agriculture's (USDA) MyPyramid. Think about how it can help you make good food choices and encourage physical activity. Look closely at the Milk Group and think about the different ways you can incorporate milk into your daily diet. For more information about USDA's MyPyramid, go to (MyPyramid.gov).

These kids remind you that daily physical activity is important. For teens like you, that means at least 60 minutes of moderate activity daily.



These six bands represent the 5 food groups (plus oils). They are all part of a balanced diet.

Grains Make half your grains whole	Vegetables Vary your veggies	Fruits Focus on fruits	Milk Get your calcium-rich foods	Meat & Beans Go lean with protein
Oils Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.				

You need three 8-ounce servings daily. A bowl of cereal, glass of chocolate milk, or a fat free latte count towards your 3 servings.

➔ **Part A:** Now let's do a quick self-check! On the back of this sheet, list the foods you ate yesterday – don't forget to include beverages – and any physical activity you did and the length of time you spent doing the activity. Remember, an activity can include anything that gets you moving like walking the dog, skateboarding, riding your bike, or playing in a soccer game.

➔ **Part B:** Use the chart below to log what you eat and drink for breakfast, lunch, dinner, and snack and any physical activity you engage in daily. Indicate in the "got milk?" column how many foods and beverages you consumed that contained milk. See if you can eat from each food group daily and the recommended daily amounts, substitute lowfat or fat free milk for sugary drinks, and engage in at least 60 minutes of physical activity each day! Check out the *Milk Tip of the Day* to help you make milk part of your everyday diet! Good Luck!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snack							
Activity							
got milk?							

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.

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.

Don't skip breakfast – have a bowl of cereal with milk! Milk has B vitamins for energy to help get you going.

Ditch the sodas and make milk the perfect complement to your dinner. Research suggests that teens who drink milk instead of sugary beverages tend to be leaner than those who don't.

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.

Drink chocolate milk after your workout – it has the right mix of carbs and protein to help refuel tired muscles.

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.

Eat Right. Be Active. Drink Milk.

Eating healthy, choosing milk instead of sugary drinks, and engaging in at least 60 minutes of physical activity daily is a recipe for good health. When you eat right, you have the energy you need to keep going all day long. So get moving, whether it's biking, skateboarding around the neighborhood, or walking around the mall. And remember to make good choices, like opting for lowfat milk instead of sugary drinks. Milk is packed with nine essential nutrients you need! Post this handout on your refrigerator or locker to help you eat right, get active, and be healthy!



Milk: A Nutrient Powerhouse



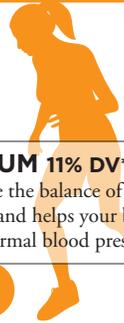
VITAMIN A 10% DV*
Important for good vision, healthy skin, and a healthy immune system.



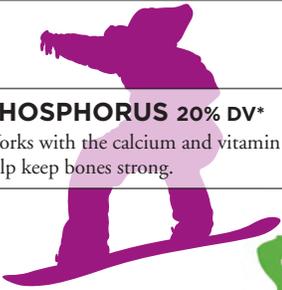
VITAMIN B-12 13% DV*
Helps build red blood cells and helps maintain the central nervous system.



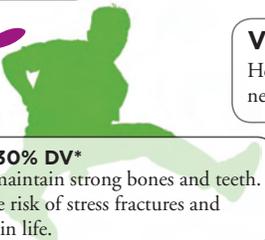
RIBOFLAVIN 20% DV*
Helps your body convert the food you eat into energy.



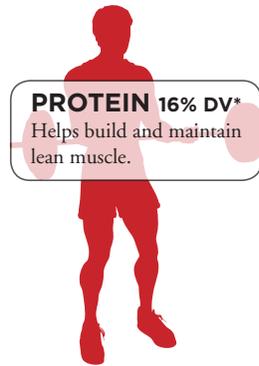
POTASSIUM 11% DV*
Helps regulate the balance of fluids in your body and helps your body maintain a normal blood pressure.



PHOSPHORUS 20% DV*
Works with the calcium and vitamin D to help keep bones strong.



VITAMIN D 25% DV*
Helps your body absorb the calcium you need for healthy bones.



PROTEIN 16% DV*
Helps build and maintain lean muscle.



NIACIN 10% DV* (NIACIN EQUIVALENTS)
Helps the enzymes in your body function normally by converting nutrients into energy.

CALCIUM 30% DV*
Helps build and maintain strong bones and teeth. It helps reduce the risk of stress fractures and osteoporosis later in life.

**These percentages are the Percent Daily Values for an eight-ounce glass of fat free milk. Daily Values reflect current nutrition recommendations for a 2,000-calorie-a-day diet.*



Top Ten Tips for a Healthy You...

1.

Make half your grains whole. Choose whole grain breads and cereals for a healthy start to your day.

5.

Color your diet. Choose colorful fruits and vegetables for a healthy punch at lunch. Try carrots in lowfat ranch dressing or top your pizza with extra veggies!

8.

Focus on the positives. Look for foods that **ADD** something to your diet. Include nutrient-rich foods like fruits and vegetables, whole grains, lowfat dairy, and lean meats.

2.

Think about your drink. Swap out the nutrient-void sugary drinks and choose nutrient-rich drinks like lowfat or fat free milk, packed with nine essential nutrients your body needs.

6.

Avoid fad diets. If it sounds too good to be true, it probably is. Follow the experts' advice and refer to MyPyramid (MyPyramid.gov) to help guide your healthy diet.

9.

Drink lowfat milk – it's packed with nine essential nutrients important for your health, including calcium, vitamin D, and protein – bone-building nutrients that are especially important during the teen years.

3.

Schedule time for at least 60 minutes of moderate to vigorous physical activity each day. Making a schedule will help keep you on track.

7.

Make getting exercise fun. Find an exercise buddy – it's easier to stay motivated. And if you choose activities you like to do, you're more likely to do them regularly.

10.

Keep a daily food and activity log. Write down everything you eat and drink, and the activities you do each day. Review your log each week and set a few goals for improving your diet and/or increasing the amount of exercise you will get during the following week.

4.

Listen to your body. Eat when you're hungry, not because you're stressed or bored.



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

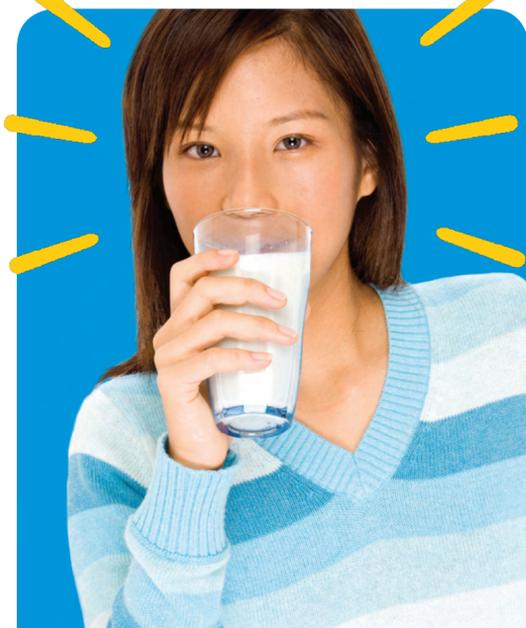
got milk?[®]
bodybymilk.com

drink milk for a change



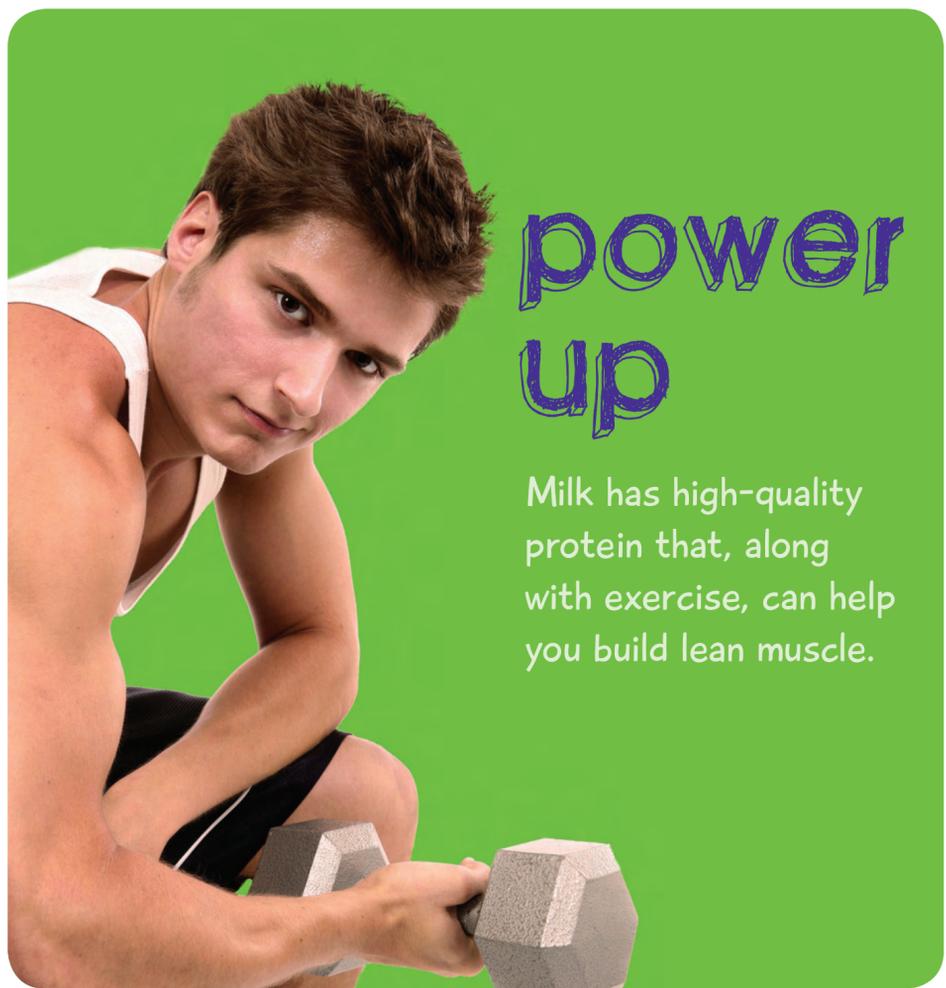
strong bones

Milk is packed with calcium and vitamin D to help strengthen bones and reduce the risk of stress fractures – especially important during your teen years when 15% of your height is added.



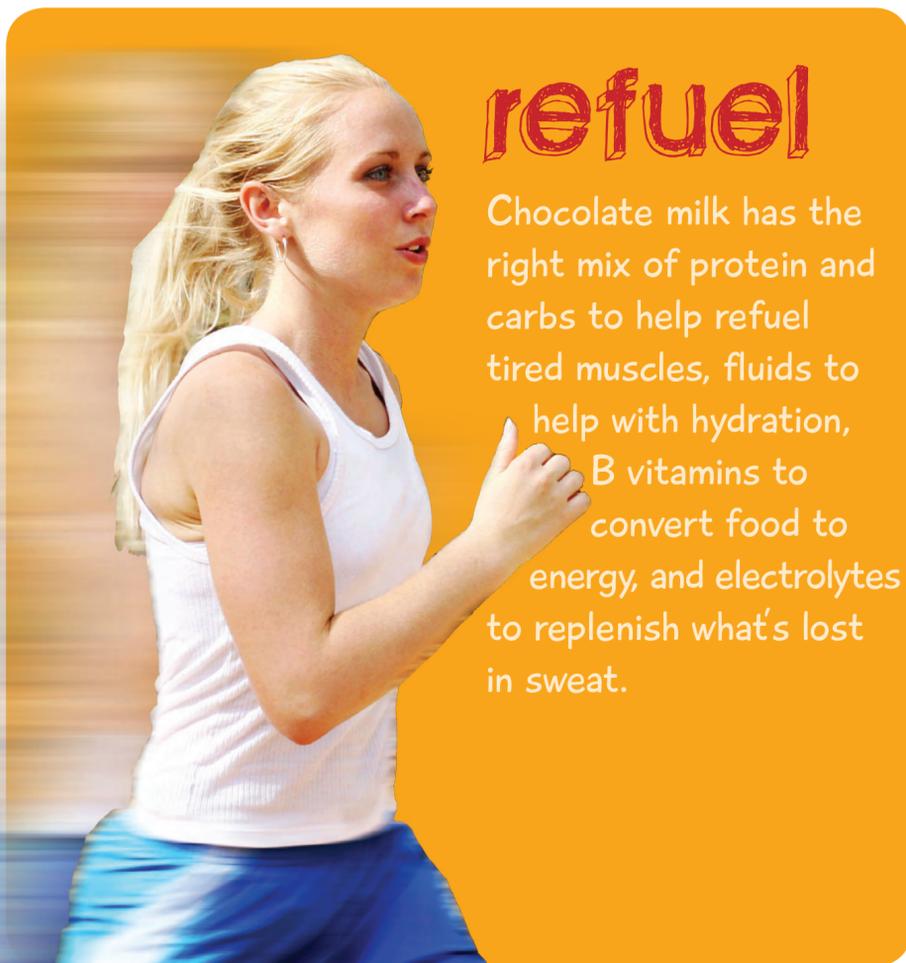
glowing skin

Milk is a good source of vitamin A which supports healthy skin.



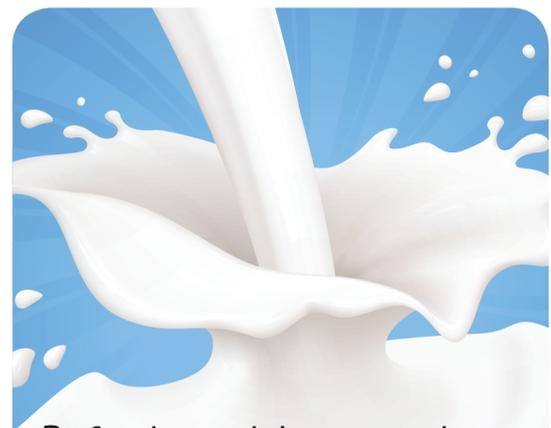
power up

Milk has high-quality protein that, along with exercise, can help you build lean muscle.



refuel

Chocolate milk has the right mix of protein and carbs to help refuel tired muscles, fluids to help with hydration, B vitamins to convert food to energy, and electrolytes to replenish what's lost in sweat.



Refreshing, delicious and packed with 9 essential nutrients that can help you feel good from the inside out. Make a change for the better – eat right, get active, and drink 3 glasses of lowfat milk a day!

drink milk!