Why AE milk is so important in children’s diets:

Milk, including chocolate milk, provides 9 essential nutrients.

Children who drink chocolate milk have better quality diets, do not consume more sugar, fat and calories, and do not have a higher body mass index.¹

Milk, including chocolate milk, is a cost effective source of 3 out of 4 nutrients of concern – calcium, vitamin D and potassium.

Chocolate milk contributes 3% of sugar in children’s diets vs. soda at 31%, non carbonated drinks at 14% and candy at 7%.

When flavored milk is removed from meals, replacing its essential nutrients is difficult.

A 2010 In-School Flavored Milk Study² showed that in order to replace these nutrients:

- 3-4 food items were required
- More calories and fat were added, rather than reduced
- About half of the sugar was added back
- A cost of $2,200-4,600 was incurred annually per 100 students

Overall milk consumption declines by an average of 35% when flavored milk is removed or limited in schools.

AE Chocolate Milk:

- Is made with a family recipe that uses a gourmet blend of cocoas and less sugar to accentuate the rich cocoa flavor.
- Does not contain high fructose corn syrup.
- AE Fat Free Chocolate Milk is a healthy choice with 130 calories and only 11 grams of added sugar (approximately 2 teaspoons) per 1 cup serving.

AE Dairy:

- Has an 81 year track record as a family owned and operated dairy with a commitment to excellence.
- Makes dairy products with milk that comes fresh from family farms in Iowa. This milk does not contain pesticides, antibiotics or synthetic growth hormones.
- Creates premium products in small batches (which includes lots of tasting and testing throughout) to ensure deliciousness.