

## A touch of deliciousness

Use **chocolate** and other types of flavoured milk such as vanilla or strawberry to add a fun twist to everyday recipes!

### Taste matters

If your kids don't like cereals that are high in fibre and low in sugar, try serving these breakfast musts with a blend of white and chocolate milk. Satisfaction guaranteed!



### For the young at heart

Enhance your coffee with a splash of chocolate or vanilla-flavoured milk. A delicious way to warm up your day!



### Just a splash of vanilla

Try vanilla-flavoured milk instead of white milk in your pancake or waffle batter. You'll get a subtle hint of vanilla without having to add any sugar.



### Smoothie anyone?

In a blender, combine 250 mL (1 cup) of the milk of your choice with 125 mL (½ cup) of fresh or frozen fruit until smooth. A smoothie makes a great breakfast drink or an energizing snack. On hot summer days, smoothies can be made into deliciously refreshing frozen pops!



## Homemade ice milk

**Your kids will love shaking up this frozen treat!**

Makes approximately 250 mL (1 cup)

### Ingredient

125 mL (½ cup) of cold chocolate milk

### Materials

- 2 to 3 trays of ice cubes
- 60 mL (¼ cup) salt
- 1 large resealable plastic bag
- 1 sandwich-sized resealable plastic bag
- 1 large plastic bag
- Paper towel or washcloth
- 1 pair of mittens

### Preparation

1. Prepare your work area, keeping in mind that it might get wet.
2. Fill the large resealable bag halfway with ice.
3. Add the salt to the ice. Seal the bag tightly and shake it well.
4. Pour the chocolate milk in the sandwich-sized resealable plastic bag and seal it tightly.
5. Place the bag of milk inside the bag of ice and seal it tightly.
6. Place the bags of ice and milk inside the large plastic bag and shake vigorously and evenly until the milk turns into ice cream (approximately 5 minutes). Put on mittens if the bag becomes too cold.
7. Remove the bag of ice milk from the bag of ice. Wipe the bag clean, open carefully and enjoy!



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**Chocolate  
Milk**

Calcium and so much more



## Chocolate milk: It's simply milk!

Made with fresh, wholesome milk, chocolate milk is just as nutritious as white milk and is a source of 16 essential nutrients that are needed for growth and that help keep our bones and bodies in good health.

Milk is the main dietary source of vitamin D, a vitamin that increases calcium absorption. This is why *Canada's Food Guide* recommends that everybody over 2 years of age consume 500 mL (2 cups) of milk each day.

## 16 Essential Nutrients



Protein  
Potassium  
Vitamin A  
Thiamine  
Riboflavin  
Niacin  
Vitamin B<sub>6</sub>  
Vitamin B<sub>12</sub>  
Pantothenic acid  
Folic acid  
Calcium  
Magnesium  
Phosphorus  
Zinc  
Selenium

In addition, just like white milk, chocolate milk is also fortified with vitamin D.

## Flavoured milk: nutritious and delicious

Whether you drink white milk, chocolate milk or other flavoured milks (e.g., vanilla, strawberry or banana), you are getting the same 16 nutrients needed to help keep your bones and body in good health. For people who do not like the taste of white milk, chocolate and other flavoured milks are nutritious options. In fact, research has shown that children who drink flavoured milks consume fewer soft drinks and other sweetened beverages. By choosing flavoured milks over sugary drinks, children can meet their calcium and other nutrient needs more easily without increasing their overall sugar intake. Now that's good news!

## Are you getting enough?

Many adults worry about their diets and their children's diets. Studies show that these concerns are justified. The most recent national survey revealed that more than 1 in 3 children don't consume the minimum daily recommended servings of milk products. This number climbs to more than 2 out of 3 for teenagers and adults. Chocolate and other types of flavoured milk (e.g., strawberry, vanilla or banana) can help both adults and children consume the number of daily servings of Milk and Alternatives recommended in *Canada's Food Guide*.

## A few facts about sugar

The Nutrition Facts table indicates that one 250-mL (1 cup) serving of white milk contains 12 g of sugar. Called lactose, this sugar occurs naturally in milk. For chocolate milk, the amount of sugar indicated in the Nutrition Facts table is higher because it includes both the lactose and some added sugar. That being said, chocolate milk generally contains no more total sugar than an equal amount of unsweetened apple juice. If you prefer chocolate milk that is less sweet, try blending it with white milk or adding your preferred amount of chocolate syrup or powder to white milk.

## What about caffeine?

It's reassuring to know that 250 mL (1 cup) of chocolate milk contains only a minimal amount of caffeine. For example, the table below compares the caffeine content of different beverages.

### Approximate caffeine content of different beverages

1 can (variable amount) energy drink	46 to 375 mg
1 cup filtered coffee	100 mg
1 can (355 mL) regular cola	30 to 46 mg
250 mL (1 cup) chocolate milk	5 mg

It's also important to differentiate chocolate milk from coffee-based milk drinks, which contain more caffeine. Since the caffeine content of these beverages varies greatly and in some cases exceeds the maximum amount recommended for children, it's preferable to reserve these products for adults.

### Maximum caffeine intake recommended by Health Canada, according to age

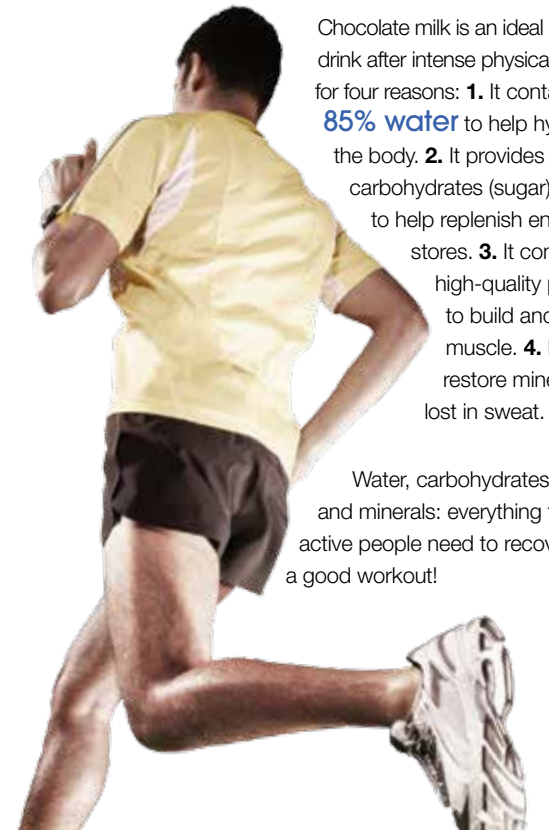
Children aged 12 and under	2.5 mg/kg of body weight per day	45 mg for children aged 4 to 6 62.5 mg for children aged 7 to 9 85 mg for children aged 10 to 12*
Youth aged 13 to 18	2.5 mg/kg of body weight per day	
Women of childbearing age	300 mg per day	
Other healthy adults	400 mg per day	

\*Based on weight averages, Health Canada considers these amounts to be the tolerable upper intake level for caffeine.

## Getting the facts straight

Many people mistakenly believe that chocolate milk makes children hyperactive. According to Dietitians of Canada, research has not shown a link between sugar and hyperactivity in children. Rowdy behaviour is more likely explained by the excitement associated with an event such as a child's birthday party or simply an adult's attitude when sweets are offered to a child. Remember that children are often not allowed to have candy or sweetened beverages, which makes these foods even more appealing to children and more likely to cause excitement when they are available. With only 5 mg of caffeine per 250 mL serving, there is too little caffeine in chocolate milk for it to have an effect on a child's level of alertness or activity.

## A perfect choice for active people!



Chocolate milk is an ideal recovery drink after intense physical activity for four reasons: **1.** It contains **85% water** to help hydrate the body. **2.** It provides carbohydrates (sugar) to help replenish energy stores. **3.** It contains high-quality protein to build and repair muscle. **4.** It helps restore minerals lost in sweat.

Water, carbohydrates, protein and minerals: everything that active people need to recover from a good workout!