***Nutrition – Control: Pros and Cons of Chocolate Milk***

Sugar Overload: clip from Australian news discussing how Jamie Oliver has convinced LA schools to ban chocolate milk. Citizens in Australia are interviewed about their feelings.

[**http://www.youtube.com/watch?v=eQ4wGDl56Zg**](http://www.youtube.com/watch?v=eQ4wGDl56Zg)

Flavored Milk: Tasty Nutrition: video clip showing a nurse for the Mid-West Dairy organization explaining the benefits of chocolate milk.

[**http://www.youtube.com/watch?v=Mo3qsx05974**](http://www.youtube.com/watch?v=Mo3qsx05974)

Schools May Ban Chocolate Milk Over Added Sugar by Christina Hoag. ABC news.

Describes the debate and provides points from each side.

[**http://abcnews.go.com/US/wireStory?id=13559159**](http://abcnews.go.com/US/wireStory?id=13559159)

Jamie Oliver’s Food Revolution. Flavored milk versus white milk: What’s the difference?

Q&A with Dr. Sarah Jane Schwarzenberg, co-chair of MN-AAP’s pediatric obesity taskforce [**http://mnaap.org/pdf/1108chocolatemilk.pdf**](http://mnaap.org/pdf/1108chocolatemilk.pdf)

Ad by the National Dairy Council showing benefits of chocolate milk

[**http://www.nationaldairycouncil.org/SiteCollectionDocuments/child\_nutrition/health\_kit/FinalFlavoredMilkAdvertorial110909.pdf**](http://www.nationaldairycouncil.org/SiteCollectionDocuments/child_nutrition/health_kit/FinalFlavoredMilkAdvertorial110909.pdf)

An article on the pros and cons of banning chocolate milk in schools:

[**http://www.usatoday.com/money/industries/food/2011-05-09-chocolate-milk-bans\_n.htm**](http://www.usatoday.com/money/industries/food/2011-05-09-chocolate-milk-bans_n.htm)

Information about the health benefits of chocolate milk from Trumoo:

[**http://www.trumoo.com/nutrition/benefits/**](http://www.trumoo.com/nutrition/benefits/)

An article from *whymilk.com* on the link between flavored milk and increased milk consumption:

[**http://www.whymilk.com/studies\_print.php?study=milk\_consumption\_in\_schools\_dropped**](http://www.whymilk.com/studies_print.php?study=milk_consumption_in_schools_dropped)

NPR- Is Chocolate Milk Good for Kids w/ Michel Martin- Nov. 11, 2009

Debate with experts on either side of the issue.

[**www.npr.org/templates/story/story.php?storyId=120305044**](http://www.npr.org/templates/story/story.php?storyId=120305044)

Maximizing the Message; Helping Moms and Kids Make Healthier Food Choices- USDA

Looks at teaching decision making, versus telling.

[**www.fns.usda.gov/fns/corenutritionmessages/Files/Guidebook.pdf**](http://www.fns.usda.gov/fns/corenutritionmessages/Files/Guidebook.pdf)

Got Milk? Chocolate After Your Workout; Fitness Magazine- Kelly L. Phillips

new research shows downing chocolate milk might help elite athletes

[**http://www.fitnessmagazine.com/recipes/healthy-eating/superfoods/chocolate-milk-after-workout/**](http://www.fitnessmagazine.com/recipes/healthy-eating/superfoods/chocolate-milk-after-workout/)

These resources can help school nutrition personnel work with the rest of the school community, and parents, to help achieve the goals of Fuel Up to Play 60.

[**http://school.fueluptoplay60.com/tools/nutrition-education/school-nutrition.php**](http://school.fueluptoplay60.com/tools/nutrition-education/school-nutrition.php)

Chocolate Milk Gives Athletes Leg-up After Exercise, Says University of Texas at Austin Study. June 22, 2011

[**http://www.utexas.edu/news/2011/06/22/milk\_studies/**](http://www.utexas.edu/news/2011/06/22/milk_studies/)**.**

A video clip about the politics behind school lunches:

November 16, 2011, *“School lunches and child abuse, Washington-style”*

[**http://thelastword.msnbc.msn.com/?videoDate=20111116**](http://thelastword.msnbc.msn.com/?videoDate=20111116)

[*Chocolate Milk Health Benefits in Elementary School*](http://www.livestrong.com/article/411888-chocolate-milk-health-benefits-in-elementary-schools/)*,* Livestrong.com

Plain milk is the best beverage choice for children, but chocolate milk can have a place in a child's diet because it supplies many of the same nutrients.

[**http://www.livestrong.com/article/411888-chocolate-milk-health-benefits-in-elementary-schools/**](http://www.livestrong.com/article/411888-chocolate-milk-health-benefits-in-elementary-schools/)

“[Eliminating Chocolate Milk in Schools](http://www.thelunchbox.org/videos/chef-ann-eliminating-chocolate-milk-schools?gclid=CPTVj5TB77ACFUFo4AodZDyxwA)” video from *The Lunchbox*

"Chocolate Milk is a soda in drag and does not belong in schools."

[**http://www.thelunchbox.org/videos/chef-ann-eliminating-chocolate-milk-schools**](http://www.thelunchbox.org/videos/chef-ann-eliminating-chocolate-milk-schools)

“[What's To Love and Loathe ABout Chocolate Milk?](HW:%20Annotated%20bibliography%20emailed%20to%20maryehrenworth@post.harvard.edu)” NPR video

One school system in VA came up with a way to make chocolate milk healthier so it is only 30 calories more than the regular lowfat milk.

[**http://www.npr.org/blogs/thesalt/2011/11/21/142517141/whats-to-love-and-loathe-about-chocolate-milk**](http://www.npr.org/blogs/thesalt/2011/11/21/142517141/whats-to-love-and-loathe-about-chocolate-milk)

Choc Milk The New Sports Drink. 2/24/06.

[**http://www.cbsnews.com/2100-500368\_162-1342839.html**](http://www.cbsnews.com/2100-500368_162-1342839.html)

Flavored milk versus white milk: What’s the difference? – Q&A with Dr. Sarah Jane Schwarzenberg, co-chair of MN-AAP’s pediatric obesity taskforce.

[**http://mnaap.org/pdf/1108chocolatemilk.pdf**](http://mnaap.org/pdf/1108chocolatemilk.pdf)

The Great Chocolate Milk Debate.

[**http://www.youtube.com/watch?v=1wPQ55L4hAg**](http://www.youtubecom/watch?v=1wPQ55L4hAg)

“[Chocolate Milk Debate Rages in Schools](http://abcnews.go.com/Health/chocolate-milk-debate-rages-schools-calcium-important-calories/story?id=13359739#.T-zaUytYvek),” ABC News video

Provide kids with essential nutrients lacking in their diet, or limit their access to sugary, high-calorie foods? One way to address this dilemma is to make the chocolate milk healthier. Will kids drink the new healthier versions of chocolate milk?

[**http://www.npr.org/blogs/thesalt/2011/11/21/142517141/whats-to-love-and-loathe-about-chocolate-milk**](http://www.npr.org/blogs/thesalt/2011/11/21/142517141/whats-to-love-and-loathe-about-chocolate-milk)

‘Chocolate Milk Refuels Muscles After Workout: Study Shows Carbohydrates and Protein in Chocolate Milk Help Muscles Recover From Exercise.”

[**http://www.webmd.com/fitness-exercise/news/20100604/chocolate-milk-refuels-muscles-after-workout**](http://www.webmd.com/fitness-exercise/news/20100604/chocolate-milk-refuels-muscles-after-workout)

Sugar in chocolate milk compared to other tasty treats

[**http://www.consumethisfirst.com/2010/07/29/sugar-in-chocolate-milk-compared-to-other-treats/**](http://www.consumethisfirst.com/2010/07/29/sugar-in-chocolate-milk-compared-to-other-treats/)

Rockin’ Refuel Website-

[**http://www.rockinrefuel.com**](http://www.rockinrefuel.com)

***Health and Wellness***

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Ad by the National Dairy Council showing benefits of chocolate milk

Information about the health benefits of chocolate milk from Trumoo (a company that sells chocolate milk:

<http://www.trumoo.com/nutrition/benefits/>

<http://www.youtube.com/watch?v=ZsU-E57vea0>

Moo TV: a video made by grade 4 students to campaign against chocolate milk. They were inspired by a video clip their teacher showed them (Jamie Oliver’s show).

<http://www.whymilk.com/studies_print.php?study=milk_consumption_in_schools_dropped>

study about students drinking less milk when only regular milk is offered. Study is funded, in part, by Milk Processor Education Program.

<http://www.youtube.com/watch?v=t1XGy45F210>

Raise your Hand for Chocolate Milk: video clip showing a dietician who works for a Dairy organization explaining the benefits of chocolate milk.

<http://www.youtube.com/watch?v=RjKFlusW-Xc&feature=related>

Raise your Hand for Chocolate Milk: celebrities and authors of books on health discuss why they are pro-chocolate milk.