Moo-ve Over for Milk

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In other articles, I have written about milking cows when I was growing up on the farm. We had lots of good quality milk and cooked a lot with cream. As a kid, I never thought about how important milk was in my diet in fact it was always part of our meals. People look at me strange when I drink milk with my homemade pizza but that is what I grew up with.

June is National Dairy Month. What you drink is as important as what you eat. Milk is packed with nine essential vitamins and minerals in each glass, including calcium, potassium and vitamin D. Its powerful nutrient package helps nourish your body in more ways than one. Milk not only works to keep your muscles, bones and teeth strong, it also keeps you hydrated — which is especially important during the hot summer months. The main component of milk is actually water, and when paired with its electrolyte content, this combination makes milk the perfect drink to have on hand for refueling, hydrating and to keep moo-ving throughout a day in the sun.

So why don’t you drink milk instead of a sports drink? A couple of reasons:
1. advertising; commercials have us believing that the only way to become rehydrated is by drinking a sports drink.
2. sugar; sports drinks can have and usually do have as much sugar as pop. Even though we may not admit it we are addicted to sugar. We like that sweet taste but it is actually the small amount of salt that gives us the electrolytes that our body needs so we do not become dehydrated during our physical activities.

Doesn’t it made sense to drink milk? What if you or your child only likes chocolate or flavored milk? Raise Your Glass for Chocolate Milk

1. Milk provides nutrients essential for good health and kids will drink more when it’s flavored.
2. Flavored milk contains the same nine essential nutrients as white milk and is a healthful alternative to soft drinks.
3. Drinking low-fat or fat-free white or flavored milk helps kids get the three daily servings of milk recommended by the Dietary Guidelines for Americans and provides three of the five nutrients of concern, that children do not get enough of, calcium, potassium and magnesium, as well as vitamin D.
4. Children who drink flavored milk meet more of their nutrient needs; do not consume more added sugar, fat or calories; and are not heavier than non-milk drinkers.
5. Low-fat chocolate milk is the most popular milk choice in schools.
6. The water and electrolytes in milk can help keep you hydrated. They replace what is lost in sweat during activity and in the heat, and the carbohydrates keep bodies moving. Providing a nutrient-rich beverage that kids like — such as low-fat chocolate milk — before, during or after activities is a great way to keep them hydrated. They’ll thank you for it, too! Remember June is Dairy Month “Moo-ve Over for Milk” drink your 3 – 8oz servings of milk each day.

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