

New Survey* Shows Moms and Dietitians Put Dairy on Par with Fruits and Vegetables for School Cafeteria

A recent national survey showed **more than 92 percent** of both moms and dietitians say **dairy is as important as fruits and vegetables in school lunch**. Other findings include:

School Nutrition

- **95 percent** of dietitians and **88 percent** of moms agree on the **importance of including dairy foods, such as milk, cheese or yogurt, in school wellness policies.**
- Virtually all (**99%**) of moms and dietitians say **nutrition impacts children's performance** in school.

Milk is Part of the Solution

- More than **9 out of 10** moms and dietitians agree that **school milk has a positive impact** on students and **provides nutrients needed for a healthy body.**
- **Children would be more likely to drink milk** at school if it's **offered in different flavors** (more than **60 percent** of both moms and dietitians agree).
- **More than 6 out of 10** moms and dietitians agree that **flavored milk and regular milk provide essentially the same nutritional value.**
- **71 percent of moms and dietitians** agree that it is **important for schools to offer a variety of milk options** such as fat-free, low-fat (1%), reduced-fat (2%) and whole.

Visit www.stldairyCouncil.org to find out more about dairy's role in school nutrition and locate resources for helping kids drink more milk at school and get essential nutrients that growing bodies need.

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June 2006 survey of more than 1,000 women with school-aged children and more than 2,000 registered dietitians who are American Dietetic Association members, conducted by Impulse Research on behalf of the National Dairy Council. The overall sampling error for this survey is +/- 3% at the 95% level of confidence.