

## Ohio SNAP-Ed Adult & Teen Programs The Flavored Milk Debate

<b>Task Topic:</b>	Dairy
<b>Task Title:</b>	The Flavored Milk Debate
<b>Teaching Message(s):</b>	<input checked="" type="checkbox"/> When consuming dairy products like milk, cheese, yogurt, etc., choose low fat or fat free options. <input checked="" type="checkbox"/> Use food labels to make better choices.
<b>Resources:</b>	Adapted from <i>ChooseMyPlate.gov</i> , <i>Dietary Guidelines</i> , and the Academy of Nutrition & Dietetics

### Objectives for the Task:

1. Identify 2 benefits of drinking flavored milk.
2. Explain how the extra calories from flavored milk should be accounted for.

### Materials needed for the Task (including Handouts):

- Sugar Surprises game cards (4-6 sets of printed cards), printed on card stock and cut into individual squares
- Fact Sheet – How Sweet is It?

### Food and Equipment for Demonstration and Sampling:

- [None needed for this task]

### General Materials List:

- |                    |                                |               |
|--------------------|--------------------------------|---------------|
| • Flip chart paper | • Post-it notes                | • Index cards |
| • Thought box      | • Markers                      | • Pens        |
| • Highlighters     | • Masking tape                 | • Name tags   |
| • VOICE principles | • Participant evaluation forms |               |

### Preparation:

- Set up flip chart paper for Anchor. Make 2 columns: “Sweetened Beverages” and “Healthy Beverages.”
- Set aside the sets of “Sugar Surprises” game cards.

### Key Points to Review:

- Introduce yourself. Give brief description of the program (program name, length of sessions, duration of program).
- Include your purpose as the facilitator (i.e. to introduce ideas that are supported by research, to give them the tools to make informed decisions about areas that affect their



health & nutritional needs, and to identify topics that might be covered based on the curricula used in the program).

- Review the V.O.I.C.E. Principles.
- Ask participants to sign in on the SNAP-Ed sign-in sheet.
- Remember to pass out the appropriate participant evaluation form at the end of the session, making sure to read the questions out loud to the participants.

### Transition:

Today we will be talking about the pros and cons of drinking flavored milk, which is a current “hot topic” in a lot of communities. On the one hand, flavored milk supplies important nutrients for growth. On the other hand, flavored milk tends to be high in added sugars and extra calories we don’t need. We’ll explore this issue in more depth today.

As part of each lesson, we take the time to discuss physical activity because it is an important component of a healthy lifestyle. Many Americans don’t get the recommended amount of physical activity, but there are dangers to being too sedentary, including a higher risk of cancer, heart attacks, and strokes. Inactive people are also more likely to get sick because their immune systems are not as efficient as those of people who get regular physical activity. With this in mind, what are some ways you like to be physically active?

*Physical activity guidelines can be found at the following websites:*

- Office of Disease Prevention and Health Promotion: [www.health.gov/paguidelines/](http://www.health.gov/paguidelines/)
- CDC: <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>
- President’s Council on Fitness, Sports, and Nutrition: [www.fitness.gov/be-active/physical-activity-guidelines-for-Americans/](http://www.fitness.gov/be-active/physical-activity-guidelines-for-Americans/)

### Anchor

There has been a lot of talk in the news lately about “sweetened beverages.” When you hear this term, what types of drinks do you think of? Call out some examples and I will write them on this chart. *Record participants’ responses under “Sweetened Beverages” on the flip chart paper.*

Now, call out some examples of what you think of when you picture a “healthy beverage.” I’ll put them in the second column of the chart. What are some qualities of these types of drinks that make them healthy?

*Compare and contrast the two lists.*

### Add

We typically think of milk as a healthy beverage choice because it supplies important nutrients like calcium, Vitamin D, potassium, and protein, as we’ve discussed in previous lessons. Lactose, the sugar in white cow’s milk, is naturally occurring and is a source of carbohydrate, which gives your body energy. Some people don’t like to drink white milk, however. They prefer to drink milk that has flavor added to it.



There is a lot of conflicting information on whether drinking flavored milk is healthy or not. For instance, some people think that drinking low-fat or fat-free chocolate milk is a healthy beverage option. Indeed, flavored milk does provide many of the same nutrients as white milk. Studies have shown that flavored milk consumption is not associated with weight gain or even a higher total daily sugar intake in children. However, flavored milk also contributes added sugar and extra calories. Therefore, while drinking flavored milk is a better option than some other beverage choices, such as fruit punch or soda, it's a good idea to limit the amount of flavored milk in your diet so that flavored milk is not the major source of dietary calcium.

According to the Academy of Nutrition and Dietetics, chocolate or strawberry flavored milks are a way to include calcium in the diet for children who do not like plain milk. However, if flavored milk products are chosen, the added sugars count as “empty calories” and need to be accounted for in order to maintain energy balance. For example, the amount of “empty calories” in 1% low-fat white milk is 18 calories, while 1% low-fat chocolate milk contains 64 “empty calories,” which is 3-4 times that of 1% white milk. You might try mixing low-fat chocolate milk with low-fat white milk to cut back on the added sugar while still providing a flavored milk product.

### Apply

*Instruct participants to divide into groups of 3-5 people. Pass out a set of “Sugar Surprises” cards to each group.*

Each group has a set of cards with a different type of beverage. In your groups, discuss how much sugar you think is in each beverage. Arrange the cards in order of increasing sugar content. The first card should be the beverage your group decides has the lowest amount of sugar. The last card should be that which your group feels has the highest amount of sugar.

*As participants work on this exercise, circulate around the room and answer any questions the participants have. Allow 5-10 minutes for this activity.*

Which beverage did your group rank as being the lowest in sugar? Which beverage was ranked as being the highest in sugar? What made you decide this?

*Write the answer key on the board for the participants to see.*

Here is the actual sugar content of each of the beverages. What surprises you about the flavored milk products? Remember, the serving size on these cards is 6 ounces, but many of us drink at least double, and sometimes triple, that amount.

How does what you learned influence your thoughts about serving flavored milk? Where do you stand on the flavored milk debate?

### Away

Think about what we've discussed today regarding beverage choices, as well as how much we are drinking when we have a “glass” of a particular beverage. Practice measuring out the



number of ounces of your beverages for a day. How much fluid are you actually drinking?

*Pass out a copy of the Fact Sheet – How Sweet is It? to each participant. This information is intended to be read at home.*

### Facilitator's Notes:

Apply answer key:

Drink	Grams of Sugar	Teaspoons of Sugar
6 oz. plain water	0	0
6 oz. white milk (1%)	9	2-1/4
6 oz. sports drink	10.5	2-5/8
6 oz. 100% orange juice	16.5	4
6 oz. chocolate milk (1%)	18	4-1/2
6 oz. regular cola (soda)	20	5
6.75 oz. fruit punch juice box	24	6
6 oz. strawberry milk (1%)	24	6

*\*Note: the amounts of sugar in this table show the total amount of sugar and does not parcel out added sugars. For instance, white milk has no added sugars – the 9 grams are from naturally-occurring lactose.*

Note: 1 teaspoon = 4 grams

### Facilitator's Checklist:

- ☐ Have I gathered all of the pertinent materials needed for the lesson?
- ☐ Did I spend the requisite amount of time covering each targeted message?
- ☐ Did I apply the principles of adult learning to my program?
- ☐ Did I create a comfortable and functional learning atmosphere?
- ☐ Did I fill out a Program Log with the necessary program information?
- ☐ Did I ensure that all participants signed the sign-in sheet?
- ☐ Did I read the survey instrument out loud to the participants?
- ☐ Did I collect all requisite survey instruments needed for today's lesson?

