

CHOCOLATE MILK

A WEALTH OF NUTRIENTS



Like white milk, CHOCOLATE MILK is a great source of calcium, riboflavin, protein, & vitamin A. In fact, a 250mL (1 cup) serving of chocolate milk supplies about 40% of a child's or adult's dairy need for calcium (approx. 30% of an adolescent's requirement). As with all fluid milk in Canada, chocolate milk is fortified with vitamin D to help our bones use the calcium well.

DENTAL HEALTH

Because it is a liquid, and not sticky, chocolate milk doesn't stay in the mouth very long or cling to the surfaces of teeth. Chocolate milk is less likely to cause cavities than other sweet foods or sticky even some cocoa and milk. There is evidence that chocolate milk can help inhibit cavity development. In the best interest of dental health, regular brushing and flossing are strongly recommended.



IS CHOCOLATE MILK AN EXCELLENT CALCIUM SOURCE?

Yes, it is! The cocoa in chocolate milk contains a small amount of a substance called oxalic acid. Oxalic acid is also found naturally in other foods such as spinach and beet greens. This substance is known to bind with calcium, making it unavailable to the body; however, studies have shown, in the case of chocolate milk, that the effect is NOT significant. This is because milk is so high in calcium that even when a small amount of calcium is bound by the oxalic acid, it still provides an excellent dietary source of calcium.



SO, HOW IS CHOCOLATE MILK MADE?



Chocolate milk is made from fresh, partly skimmed white milk to which sugar and cocoa powder are added. It is a nutritious choice from the Milk Products food group (Canada's Food Guide to Healthy Eating) and an ideal choice in a healthy lifestyle!

HOW MUCH SUGAR IS ADDED TO CHOCOLATE MILK?

Chocolate milk purchased from the dairy case contains the sugar naturally found in milk (called lactose), plus added sugar and cocoa. The amount of sugar present in chocolate milk is roughly equivalent to the amount of sugar found in an equal quantity of unsweetened orange juice.



Chocolate milk made at home may contain more or less sugar than dairy case chocolate milk, depending on how it is mixed.

WHAT ABOUT CAFFEINE?

A 250 mL (1 cup) portion of chocolate milk contains approximately 2 - 7 mg of caffeine, or about the same amount present in a 5 oz. cup of decaffeinated coffee.

Listed below is the caffeine content of a variety of beverages and snacks enjoyed by children and adults.

AMOUNT OF CAFFEINE

Chocolate Milk	(8 oz., 250 mL)	2 to 7 mg caffeine
Milk Chocolate Bar	(2 oz., 56 g)	3 to 20 mg caffeine
Cola Type Soft Drinks	(10 oz., 284 mL)	22 to 50 mg caffeine
Dark Chocolate Bar	(2 oz., 56 g)	40 to 50 mg caffeine
Tea - medium strength	(8 oz., 250 mL)	65 to 105 mg caffeine
Instant Coffee	(8 oz., 250 mL)	80 to 120 mg caffeine
Filter Drip Coffee	(8 oz., 250 mL)	150 to 240 mg caffeine

Source: National Institute of Nutrition, "Caffeine, A Perspective on Current Concerns", Review No. 2, May 1987.

