

# Parents: *Choose* **Plain Milk,** *not* **Chocolate Milk,** *for your* **School**

Chocolate milk has **more calories, sugar and sodium**, but no added health benefits.

## Children who drink chocolate milk twice a day:

- Consume more than six pounds of sugar each school year
- Are at a higher risk for childhood obesity and diabetes later in life

## Get involved!

Many public schools in New York City have already replaced chocolate milk with plain (unflavored) 1% or skim milk. If your child's school still serves chocolate milk, meet with the principal and request to remove it from the menus, or bring it up during your next PTA meeting.

The Health Department's  
**Center for Health Equity** can help.

Email [healthyschools@health.nyc.gov](mailto:healthyschools@health.nyc.gov) or visit  
[nyc.gov/health](http://nyc.gov/health) to learn more.

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