**President Biden urges healthier school menus, including a ban on chocolate milk.**

**The Dairy Industry, not surprisingly, opposes the proposal advising that eliminating chocolate and other flavored milk, will lead to children drinking less milk. They were partially right, when given a choice of flavored milk, like chocolate milk, most children preferred the sweet choice.**

**But when there is only regular milk, most children will drink regular milk.**

**Nutritionalists and scientists do agree that providing sugary milk and other sweetened drinks to young people initiates childhood obesity which easily becomes a long term issue with significant health issues, including diabetes, and other diet related diseases. Severe obesity has many potential health hazards, not limited to: high blood pressure, high and low cholesterol, heart disease, stroke and gallbladder disease.**

**Unfortunately, most of us have early in our lives been addicted to sweets because so much food we normally ingest has a sugar additive.**

**Starting a healthy diet with limited sugar additives is great advice which everyone should heed. We must also insure that our offspring are similarly trained and bred.**

**Good luck, it is not easy to do and requires a daily discipline.**

***=======================================================***

***SOURCE;***

***The Wall Street Journal | Page A003 |Tuesday, 16 May 2023***

**Chocolate Milk Faces Potential School Ban**

**WASHINGTON—Chocolate milk, long a school-cafeteria mainstay, could be coming off the menu.**

**Concerned about the amount of added sugars children are consuming, the U.S. Department of Agriculture is considering banning flavored milk—including chocolate, strawberry and other varieties— in elementary and middle schools when it adopts new standards for school meals.**

**The issue has sharply divided parents, child-nutrition specialists, school-meal officials and others. Supporters of restricting flavored milk say it has added sugars that contribute to childhood obesity and establish preferences for overly sweet drinks. Opponents, including the dairy industry and many school districts, say removing it will lead to children drinking less milk.**

**“We want to take a product that most kids like and that has nine essential nutrients in it and say, ‘You can’t drink this, you have to drink plain’?” asked Katie Wilson, executive director of the Urban School Food Alliance, which represents 18 of the largest school districts in the country.**

**Others worry that children already have too much sugar in their diets, contributing to rising levels of childhood obesity. Flavored skim milk was the top source of added sugars at both school breakfasts and school lunches, according to a 2021 study.**

**“From a public-health perspective, it makes a lot of sense to try to limit the servings of these flavored milks because they do have quite a lot of added sugar,” said Erica Lauren Kenney, a public-health and nutrition professor at the Harvard T.H. Chan School of Public Health.**

**The USDA proposed guidelines for school meals earlier this year, but held off making a recommendation on flavored milk, most of which is chocolate. The agency said it is considering excluding flavored milk from elementary and possibly middle schools, or continuing to serve it to all grade levels. Under either scenario, flavored milk would have to comply with a new limit on the amount of added sugars.**

**“Flavored milk is a challenging issue to figure out exactly the best path forward,” said Cindy Long, administrator of USDA’s Food and Nutrition Service. “We really do want to encourage children to consume milk and we also recognize the need to reduce added sugar consumption.”**

**The dairy industry is trying to ensure flavored milk remains widely available in schools. Last month, a group of 37 school milk processors said they were committing to provide flavored milk options with no more than 10 grams of added sugars in each 8-ounce portion, in line with the USDA’s new proposed limits on added sugars in milk.**

**The industry has allies among school officials involved in planning and preparing school meals, who worry that restricting chocolate milk will cause children to drink less milk, curbing their intake of calcium and other nutrients.**

**Jessica Gould, the director of nutrition services for Little-ton Public Schools in Colorado, said that her school district’s consumption of milk “significantly decreased” when it experienced problems procuring chocolate milk during the Covid-19 pandemic.**

**“Do we want kids to get the calcium, the protein, the additional nutrients that are part of milk?” she asked. “Because when we were only providing white milk, we did see a significant amount of students didn’t take milk in general.”**

**The decision will affect the roughly 30 million students who participate in the government’s school-meals program, as well as the dairy industry— which sells about $2 billion of milk to schools annually, according to the USDA.**

**Under current guidelines, schools must serve at least two milk options, one of which must be plain milk, either fat-free or 1%. Schools may choose to also offer either fat-free or 1% flavored milk, but aren’t allowed to serve whole or 2% milk.**

**Some nutritionists and academics worry that allowing children to get used to sugary beverages may contribute not only to more obesity and diet-related diseases, but also train their palate, setting the stage for less-healthy eating patterns as they grow older.**

**Some child-nutrition researchers believe that over a longer time period, children will drink more plain milk if chocolate milk isn’t an option.**

**A 2017 study of a small, urban New England school district that opted to remove chocolate milk found that shortly after the change, just under 52% of students selected plain 1% or nonfat milk at lunch.**

**But two years later, 72% of students took milk.**