Yogurt Makes the Grade

The Study

Research

Beth Miller, PhD, RD, LD and her team examined 2,848 student selections of milk, yogurt and juice during breakfast in 6 elementary and 4 secondary schools in a large urban school district.

Results

Of the 2,848 students who were observed:

• Students who didn’t choose milk were more likely to choose yogurt than the students who chose milk
• The odds of choosing yogurt were 2-3x higher for elementary and 3.5x higher for secondary students who didn’t choose milk
• 37% of elementary students who selected yogurt didn’t select milk
• 68% of secondary students who selected yogurt didn’t select milk

Conclusion

Offering yogurt in schools will not decrease milk consumption. In fact, offering yogurt provides an alternative for non-milk drinkers to get important nutrients they might have otherwise not received.

Yogurt’s Report Card

Facts

• Dairy foods (like milk, cheese and yogurt) have a unique ability to provide important nutrients many children are lacking
• Yogurt is included in the School Breakfast Program as a reimbursable meat alternative
• Yogurt doesn’t have to be limited to just cups. Parfaits, smoothies, yogurt bars and yogurt-based recipes can be part of a reimbursable school meal
• Yogurt that contains live and active cultures help to digest lactose, making it lactose-intolerance friendly

Suggestions

Add yogurt to your menu to increase the opportunity for students to receive dairy at each meal. In addition to traditional venues, consider serving meals these ways:

• Reimbursable Vending Machines
• Grab ‘n Go - served from a cafeteria line or kiosk and students have the option to eat it in the cafeteria or alternative location, like their classroom
• Breakfast in the Classroom - students are served breakfast in their classrooms after the start of the day

Questions?

Contact your local dairy council or visit NationalDairyCouncil.org/Our-Story

Sources: