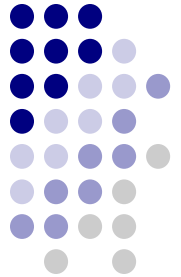


# Kristen Culver

1101 E. Gettysburg #2104, Clovis, CA 93612

February 29th, 2012



Assembly Member Linda Halderman  
District Office  
6245 N. Fresno Street, Suite 106  
Fresno, CA 93710

Dear Ms. Halderman,

As a graduate student with a degree in Nutrition and Food Sciences, completing a Dietetic Internship at Fresno State to become a Registered Dietitian, I urge you to support serving flavored milk in our public schools.

I strongly believe that flavored milk in schools provides children with more health benefits than risks, especially for those who depend on food from school for most of their daily nutrients. Milk provides nutrients essential for growing and development; if flavored milk was made unavailable to them, these children would likely consume much less milk overall. Flavored milk contains the same nine essential nutrients as white milk— calcium, potassium, phosphorus, protein, vitamins A, D, and B12, riboflavin and niacin. Drinking low-fat or fat-free milk helps kids get the 3 daily servings of milk recommended by the Dietary Guidelines for Americans, and provides three of the five nutrients of concern that children do not get enough of— calcium, potassium and magnesium as well as vitamin D. Low-fat chocolate milk is the most popular milk choice in schools and kids would drink less milk if it's taken away.

Studies have shown that children who drink flavored milk meet more of their nutrient needs, do not consume more added sugar, fat, or calories, and do not have more excess body fat than non-milk drinkers. If you have any questions, I have referenced two articles to describe the issue at hand below:

As published in the *Journal of the American Dietetic Association*: Drinking flavored or plain milk is positively associated with nutrient intake and is not associated with adverse effects on weight status in U.S. children and adolescents

As presented at American Dietetic Association's annual conference in October 2009: The Removal of Flavored Milk in Schools Results in a Reduction in Total Milk Purchases in All Grades, K-12

If you wish to contact me with questions I can be reached via email at [kculver@mail.csuchico.edu](mailto:kculver@mail.csuchico.edu).

Sincerely,

Kristen Culver  
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Clovis, CA 93612