

## Jerry Jongerius

**From:** Jerry Jongerius [jerryj@duckware.com]

**Sent:** Wednesday, September 22, 2010 10:25 AM

**To:** FCPS WATCHDOG GROUP (fcpswatchdog@stopterc.com)

**Subject:** FCPS WATCHDOG #10: Why is FCPS serving "soda in drag" to our children?

*Which has more (or less) sugar -- a FCPS flavored strawberry milk or soda?*



Well, that is a loaded question, because the surprising answer is that **strawberry flavored milk has virtually the same amount of sugars as sodas**. For an identical eight ounce serving, here is the breakdown in grams of sugars:

Total Carbohydrate	25g	8%
Dietary Fiber	0g	0%
Sugars	25g	

11g - FCPS fat-free milk [source:carton]

21g - FCPS chocolate flavored fat-free milk [source:carton]

**25g** - Sprite soft drink [source]

**25g** - FCPS strawberry flavored 1% milk [source:carton]

**26g** - Coca-Cola soft drink [source]

**High Fructose Corn Syrup:** The entire issue is that the FCPS **flavored milks contain added sugar**, as milk clearly does not have that much in natural sugars.

► So, why is FCPS still feeding "soda in drag" to our children?

**What the USDA says:** According to the USDA's [2010 Dietary Guidelines for Americans Report](#), one of four major findings of this report (see 'Call for Action' in the [Executive Summary](#)) is:

INGREDIENTS: LOWFAT MILK, (1% MILKFAT), HIGH FRUCTOSE CORN SYRUP, NATURAL AND ARTIFICIAL STRAWBERRY FLAVOR, PROPYLENE GLYCOL, FD&C RED#40, VITAMIN A PALMITATE, VITAMIN D3 ADDED.
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"Significantly reduce intake of foods containing **added sugars**"

**Put it in perspective:** The regular milk that FCPS serves to children has 11 grams of natural sugars. That means that every time your child selects strawberry flavored milk (with 25g sugar) instead of regular milk, they are unnecessarily consuming 14 *extra* grams of refined sugar. Over an entire school year of drinking



flavored milk at every lunch, that means your child will consume  $180 \times 14g$ , or 2520 grams of extra sugar. **That is equivalent to 5.6 pounds of sugar** [calculation details], or slightly more than the bag of sugar you buy at the grocery store (seen right). The numbers are even worse for those children also being served milk at breakfast.

**Sugar packets:** Or looking at it another way, take regular milk, add three and a half sugar packets (each sugar packet is 4g sugar), and you have the amount of sugar in a FCPS strawberry flavored milk:



**Milk + 2 entire rolls of Smarties = Less sugar than flavored milk:** FCPS could actually hand out regular milk (11g) and two "smarties" candy rolls (6g+6g) and that would be "healthier" (sugar-wise, at 23g sugar) than a FCPS strawberry flavored milk (25g).



Most parents I know would never dream of handing out a carton of milk along with two and one third rolls of "smarties". And yet, every single time a child drinks a strawberry flavored milk at FCPS, sugar-wise, that is exactly what is happening.

**Complacency:** Most people (myself included) have become so complacent that 'grams of sugars' on an ingredients label has almost no real world meaning anymore. Well, take a 12-oz Mountain Dew soda can with 46 grams of sugar. How much sugar is that really? Quickly, relate it to a measurement system that you know. Can you answer without major help?



If 4g of sugar (one sugar packet) is a teaspoon, and there are three teaspoons in a tablespoon, a tablespoon has  $3 \times 4g$  or 12g of sugar. A cup has 16 tablespoons, so 1/4 cup has 4 tablespoons. That means 1/4 cup contains  $4 \times 12g$ , or 48g sugar. So, a 12-oz Mountain Dew has virtually an entire 1/4 cup of sugar in it! Know anyone who drinks four 12-oz Mountain Dew cans a day (a cup of sugar)?



**What should FCPS do:** It is time for FCPS to *actually follow USDA guidelines* (and follow other cities and states) and **remove flavored milks** from school systems, due to the **added sugars** they contain. With proper education, most children will not only understand, but agree.

And if you doubt that a little education goes a long way, watch the Jamie Oliver's Food Revolution series (on YouTube) and see for yourself the impact that a little guidance from a teacher can have on children's choice of milk.

Everyone should actually go to a FCPS school cafeteria and purchase/drink a strawberry milk. I did. It is surprisingly sweet (to me).

►► **Should FCPS be in the business of feeding our children "soda in drag"?**

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