

New York State Assembly
Albany, NY 12248

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ASSEMBLYMAN CHRIS
Tague

Whole Milk is Part of a Nutritious Diet¹

Milk contains 13 essential nutrients including protein, calcium, vitamin A, vitamin D, vitamin B12, riboflavin, niacin, phosphorus, pantothenic acid, zinc, selenium, iodine, and potassium. These nutrients help build bones, maintain your immune system, and regulate your metabolism.

An 8-ounce serving of milk contains about 8 grams of fat and 150 calories to help fuel your mind and body. Emerging science shows that dairy foods, regardless of fat content, can contribute to a healthy diet and offer health benefits.

The protein in foods made from whole milk, like yogurt or cheese, can help people feel fuller and more satisfied.



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(1) <https://www.usdairy.com/news-articles/whole-milk-nutrition-facts>



TAGUE IS FIGHTING FOR YOU AND YOUR CHILDREN

First, the Obama administration took away whole and 2% dairy in schools. Now, the Biden administration and New York City Mayor Eric Adams are talking about banning all flavored milk, including chocolate milk.²

Assemblyman Chris Tague is standing up for our families and a whole-foods, nutritious diet that helps our kids grow and succeed. Whole milk is part of that equation.

Join Chris Tague's fight to bring back whole and 2% dairy in our schools! Please go to <https://bit.ly/taguemilkpetition> or scan this QR Code to sign his petition calling on the Assembly to pass his bill (A.2321).



scan here

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(2) <https://psmag.com/news/why-the-usda-wants-to-put-whole-milk-back-in-school-lunches>; <https://www.politico.com/news/2022/03/13/eric-adams-chocolate-milk-00013170>; <https://www.washingtonexaminer.com/policy/education/biden-admin-eyes-restrictions-chocolate-milk-school>

For questions on this or any state issue, please contact Assemblyman Chris Tague:
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