

## ***Supporting Whole Milk in Pennsylvania Schools Resolution***

WHEREAS, the Pennsylvania Ag Republicans support putting whole milk back into our Pennsylvania Schools;

WHEREAS, milk plays an important role in a healthy diet. Many Americans opt for whole milk – which is 3.25% milkfat by weight. There are 150 calories in an 8-ounce glass of whole milk, with 8 grams of fat (12 percent of daily value). There's a growing body of evidence that suggests not all saturated fats are the same. While more research is needed on the potential benefits of dairy fats, experts agree [milk plays an important role in a healthy diet](#) – in the overall context of the total diet, nutrients and calories;

WHEREAS, whole milk is healthier for kids. A new study published in the [American Journal of Clinical Nutrition](#) finds that kids who drink whole-fat milk are significantly leaner and have higher vitamin D levels than those who consume 2 percent, 1 percent, skim, or no milk;

WHEREAS, [study published in the American Journal of Nutrition](#), the analyzed effects of full fat and low fat dairy on obesity found that among 18,438 women in the Women's Health Study, those who consumed the most high-fat dairy products lowered their risk of being overweight or obese by 8%. Together, the body of data is beginning to reveal both that full-fat dairy has a place in a healthy diet, and how focusing on one nutrient in the diet may backfire. When dietary guidelines began urging people to lower the amount of fat they ate, the idea was to reduce the amount of cholesterol and unhealthy fats in the body. But by focusing just on cutting out fat, experts didn't count on the fact that people would compensate for the missing fat and start loading up on carbohydrates, which the body converts into sugar—and then body fat. While it's not entirely clear how whole fat is helping to lower risk of diabetes, it's possible that it's working on several different levels to regulate insulin and glucose. At the simplest level, people eating more high fat dairy products will have enough calories, so they won't feel hungry enough to need additional calories from sugary foods. It's also possible that the fats in dairy may be acting directly on cells, working on the liver and muscle to improve their ability to break down sugar from food. And then there's the possibility that for certain high fat dairy foods, like cheese, which is fermented, microbes may be working to improve insulin response and lower diabetes risk too;

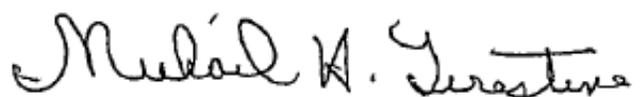
WHEREAS, exploring and evolving science indicates consumption of saturated fat and whole-milk dairy foods (i.e., milk, cheese and yogurt) may not be directly associated with an increased risk of cardiovascular disease (CVD). The Dietary Guidelines for Americans have recommended limiting saturated fat intake, due to its links with heart disease and stroke risk related to increases in LDL-cholesterol. However, a [growing body of evidence](#), including two new studies, indicates consumption of saturated fat and whole-milk dairy foods (i.e., milk, cheese and yogurt) may not be directly associated with an increased risk of cardiovascular disease (CVD);

WHEREAS, “recent evidence demonstrates that saturated fat from dairy foods may be acceptable within the total daily caloric intake.” Research is shifting how we think of the term “healthy.” Evidence indicates eating [whole milk dairy foods](#) may not be linked with cardiovascular disease. Additionally, Joslin Diabetes Center published its Clinical Guidelines in the June issue of [The American Journal of Managed Care](#) on Evidence-Based Diabetes Management, which allows for some flexibility in fat intake as long as daily calorie limits are observed. Specifically, the guidelines state “recent evidence demonstrates that saturated fat from dairy foods (i.e., milk, yogurt and cheese) may be acceptable within the total daily caloric intake.” Additionally, recommendations from the [2015-2020 Dietary Guidelines for Americans](#) recommends limiting intake of saturated fat to no more than 10% of daily calorie intake, so full-fat dairy foods can fit into a calorie-balanced healthy eating pattern within saturated fat intake limits.

WHEREAS, studies, have found that dairy food consumption, regardless of fat content, has neutral or beneficial associations [with risk for CVD](#). Eating three daily servings of dairy foods like milk, cheese or yogurt can help people close key nutrient gaps, contributing to nutrient-rich, healthy eating patterns taken from, [Public comments: Child nutrition programs: Flexibilities for milk, whole grains, and sodium requirements](#);

THEREFORE, on the first day of February, 2019, we, the Pennsylvania Ag Republicans, do hereby recognize the importance of whole milk, and nutritional benefits provided in whole milk and call for it to put back into our schools. We support Congressman Glenn “GT” Thompson's Whole Milk for Healthy Kids Act of 2019.

FINALLY, we resolve that Pennsylvania school districts serve flavored milk to the highest fat level allowable in our schools, currently low-fat 1% milk; with the expectations whole milk and whole milk flavored be served when the Whole Milk for Healthy Kids Act of 2019 is passed.



Mike Firestine, Chair  
Pennsylvania Ag Republicans