

## **Does chocolate milk have as much calcium as non-flavored white milk?**

Written by Admin

Thursday, 24 December 2009 13:33 - LAST REVISED Thursday, 24 December 2009

---

Yes, chocolate milk has an excellent nutritional profile providing significant amounts of high quality protein, calcium, riboflavin, magnesium, phosphorous, Niacin equivalents, vitamin B12, vitamin A, and when added vitamin D, as well as several essential nutrients. The only difference is that chocolate milk usually has 60 more calories because of the sucrose and other nutrient sweeteners.