



Does it really matter? Well, check out the ingredients for yourself. Chocolate Milk has high fructose corn syrup. Do you know how many foods we are eating and drinking with the added high fructose corn syrup? Start reading food labels to see for yourself.

Did you know diabetes is on the rise? Could it be the high fructose corn syrup in our diets. It's even in the breads that we eat! If trends continue, some believe that one in every three Americans will be dealing with this disease.

Take action now and start paying attention to what you eat and drink!



I will start making the choice to drink white milk instead of chocolate!