

Refuel with Chocolate Milk

What you do during that 2-hour recovery window after a hard workout is critical to how well your body is able to recover. And that includes replenishing your body and rebuilding and repairing the muscles that worked so hard to help you perform at your peak.

Part A. The Facts: Chocolate Milk & Recovery

Check out what the latest research says:

➔ Milk has high-quality protein and essential amino acids that may be beneficial in **building and maintaining muscle mass** when combined with exercise. Several recent studies suggest lowfat milk after exercise can help *increase* lean muscle.

➔ Exercise-induced muscle damage can lead to future impairments in performance. A study in the United Kingdom found that research subjects who drank regular or flavored milk after a strenuous muscle workout experienced **less exercise-induced muscle damage** than those who drank water or typical sports drinks.

➔ Chocolate milk is effective in helping athletes **refuel muscles** after a hard workout. A study at Indiana University found that cyclists who drank lowfat chocolate milk were able to work out longer and with more power during a second workout than when they drank a commercially available carbohydrate replacement sports drink and just as long as when they consumed a traditional fluid replacement drink.

➔ Drinking lowfat chocolate milk after you exercise can help replace the **fluids and electrolytes**—nutrients like calcium, potassium, and magnesium—that you lose when you sweat. And you can bet you'll be getting plenty of fluid, because milk is 90% water!



Part B. Chocolate Milk: It's the Real Deal

You see them on every food or drink you buy, but do you know how to read a nutrition facts panel? Not all sports drinks have the same vitamins and minerals as lowfat chocolate milk. Check it out and draw your own conclusions!

Lowfat Chocolate Milk

Nutrition Facts	
Serving Size 1 cup (8 oz)	
Amount Per Serving	
Calories 160	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	0%
Cholesterol 15mg	4%
Sodium 150mg	6%
Potassium 370mg	11%
Total Carbohydrates 26g	8%
Dietary Fiber 1g	4%
Sugars 25g	
Protein 8g	
Vitamin A	10%
Vitamin C	0%
Calcium	30%
Iron	0%
Vitamin D	25%
Riboflavin	20%
Niacin**	10%
Vitamin B-12	13%
Phosphorus	20%
Magnesium	7%

Important Electrolytes



Nutrients to Refuel



Important Electrolytes



Sports Drink

Nutrition Facts	
Serving Size 1 bottle (20 oz)	
Amount Per Serving	
Calories 160	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 240mg	10%
Potassium 90mg	2%
Total Carbohydrates 39g	12%
Dietary Fiber 0g	0%
Sugars 32g	
Protein 0g	
Vitamin A	0%
Vitamin C	4%
Calcium	0%
Iron	2%
Vitamin D	0%
Riboflavin	0%
Niacin**	6%
Vitamin B-12	0%
Phosphorus	6%
Magnesium	0%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.
**Provided through Niacin equivalents.

These nutrition facts labels are for educational purposes and not actual labels. Data from USDA National Nutrient Database for Standard Reference, Release 22.

Lowfat Chocolate Milk: A Nutrient Powerhouse

Take a look at how the unique package of nutrients in milk can benefit you:

- The right mix of **carbohydrates and protein** to help build and refuel muscles (restore muscle glycogen).
- **Electrolytes**, including **calcium, potassium, and magnesium**, to replenish what is lost in sweat.
- **Fluids** to help rehydrate the body.
- **Calcium and vitamin D** to strengthen bones and help reduce the risk of stress fractures.
- **B vitamins** to help convert food to energy.
- It's packed with **nutrients** not typically found in traditional sports drinks.



Final score? Chocolate milk has the right mix of carbs and protein and other important nutrients to help you refuel and recover. Ask your coach to stock up after every event, grab some from the cafeteria, or make a quick stop for chocolate milk on your way home from school. Better yet, have some at home in the fridge ready to gulp down!

