



# MILK: Nature's Sports Drink

## Fuel Your Workout with Milk

Adding milk to your post-workout plan can benefit your body because it supplies many of the key nutrients needed as part of a daily training diet. Milk is a wholesome food that can help athletes:

**REFUEL** muscles with **CARBOHYDRATES**.<sup>1,2</sup>

**REDUCE** muscle breakdown and stimulate growth with **HIGH-QUALITY PROTEIN**.<sup>1-5</sup>

**REHYDRATE** with **FLUID** and **ELECTROLYTES**.<sup>1,2,6,7</sup>



## Pour More Nutrition into Your Post-Exercise Plan

One serving of milk helps supply post-exercise nutrition needs because:

- Milk has been shown to be an excellent way to replace fluid that is lost during exercise.<sup>6,7</sup>
- Milk may help reduce muscle damage and improve muscle recovery – which, in turn, may help the body perform better during its next workout.<sup>7-12</sup>
- Milk can increase the body's ability to make new muscle and may help improve body composition over time, when it's enjoyed as a post-workout beverage.<sup>4,5,13</sup>

In fact, emerging research shows that drinking milk after a workout can be as effective as some sports drinks in helping the body refuel, recover and rehydrate from exercise.<sup>6-11</sup>

### Refuel with milk post-exercise by:

- Sipping on low-fat or fat-free milk – regular, or delicious flavors like chocolate, vanilla and strawberry.
- Blending low-fat or fat-free milk, fruit and ice to satisfy post-workout hunger with a nutrient-rich smoothie.
- Enjoying cereal or granola topped with low-fat or fat-free milk.

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