



# CORNELL SPORTS NUTRITION (CSN)



## Why “REFUEL WITH CHOCOLATE MILK”?

### Nutrition Fundamentals

Chocolate Milk addresses All 5 Fundamentals!

1. Fuel with **PURPOSE**
2. Fuel **CONSISTENTLY**
3. Fuel w/ (good) **FOOD**
4. Supplements only to *supplement* food
5. **HYDRATION** for muscle & organ performance

### Recovery Nutrition: Post Exercise

*“30-minute Recovery Window”*

- PROTEIN: Rebuilding Muscle
- CARBOHYDRATE: Energy/Glycogen Repair
- HYDRATION: Restore Water & Electrolytes

### Recovery Hydration

- Vital for recovery from training/for future exercise
- IF Crampers -Weigh-in/out to determine fluid needs
- Replace 16-24 oz/lb lost
- Wt/Fluid lost is largely from glycogen loss
- Replace w/ Fluids, Na+, Sugar, Carbs
- Protein facilitates fluid re-uptake by cells

### Chocolate Milk Nutrients

Serving Size: 1 cup  
Calories 160  
Protein 8g  
Carbohydrates 27g  
Calcium 30% daily value (DV)  
Vitamin D 25% DV  
Sodium 210mg  
Potassium  
Phosphorous



### Protein

- Recovery PRO induces muscle protein synthesis
- Milk protein = Whey + Casein
  - Whey: Fast-digesting
  - Casein: Slow-digesting

### Carbohydrates

- Provides calories
- Restores muscle glycogen
- Insulin levels rise
- Glucose → muscle tissue
- Facilitates **muscle and energy** recovery

### Calcium & Vitamin D

- Important for bone strength

### Electrolytes: Na+, K-, P

- Na+/K- Pump
- Na+ key to eliminating cramping