



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**.^{1,2}

REDUCE muscle breakdown and stimulate growth with **HIGH-QUALITY PROTEIN**.¹⁻⁵

REHYDRATE with **FLUID** and **ELECTROLYTES**.^{1,2,6,7}



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.^{6,7}
- Milk may help reduce muscle damage and improve muscle recovery – which, in turn, may help the body perform better during its next workout.⁷⁻¹²
- 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.^{4,5,13}

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.⁶⁻¹¹

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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