



NUTRITION IN UNEXPECTED PLACES

MILK – BOTH WHITE AND CHOCOLATE – PROVIDES KEY NUTRIENTS CHILDREN AND ADOLESCENTS NEED AFTER EXERCISE.

MILK'S WINNING TEAM:

- ✓ Milk is 90% **water** and a great tasting choice after practices and games. Milk's fluids and electrolytes, including **calcium, potassium, and magnesium**, rehydrate the body and replenish what's lost in sweat.
- ✓ **Carbohydrates** refuel muscles after exercise.
- ✓ High quality **protein** helps with muscle recovery.
- ✓ **Calcium, vitamin D, and phosphorus** build and maintain strong bones.
- ✓ Milk provides **potassium** necessary to help ward off muscle cramping.
- ✓ **B vitamins** help convert food to energy.

According to the Dietary Guidelines and *MyPlate*, Americans of *all activity levels* who are 9 years old and older should enjoy 3 daily servings of low-fat or fat-free milk or milk products.



POUR MORE NUTRITION INTO YOUR POST-EXERCISE PLAN:

Emerging research in adult athletes indicates that one cup of milk helps meet post-exercise nutrition needs because:

- ✓ Milk has been shown to be an excellent way to replace fluid that is lost during exercise. ^{3,4}
- ✓ Milk may help reduce muscle damage and improve muscle recovery—which in turn, may help the body perform better during its next workout. ⁴⁻¹⁰
- ✓ 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. ^{1, 2, 10}

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 4 Watson P, et al. A comparison of the effects of milk and a carbohydrate-electrolyte drink on the restoration of fluid balance and exercise capacity in a hot, humid environment. *Eur J Appl Physiol.* 2008;104:633.
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 6 Karp JR, et al. Chocolate milk as a post-exercise recovery aid. *Int J Sport Nutr Exerc Metab.* 2006;16:78.
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 8 Thomas K, et al. Improved endurance capacity following chocolate milk consumption compared with 2 commercially available sports drinks. *Appl Physiol Nutr Metab.* 2009;34:78-82.
 9 Gilson SF, et al. Effects of chocolate milk consumption on markers of muscle recovery during intensified soccer training. *Med Sci Sports Exerc.* 2009;41:S577.
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