

How can chocolate milk benefit athletes?

Chocolate milk contains all the nutrients of plain milk. In addition, because of its balance of carbohydrate and protein, chocolate milk offers active people and athletes a special benefit in terms of recovery after endurance activities.

IDEAS FOR ACTION

1. Drink chocolate milk 15-30 minutes following an endurance event or vigorous activity to rehydrate and help rebuild muscles and glycogen stores.
2. You can count one cup (250 mL) of chocolate milk as 1 serving towards the total amount of Milk & Alternatives needed in a day. Active people and athletes need 2-4 servings of Milk and Alternatives, depending on their age and sex.

DID YOU KNOW...

Recent studies show that chocolate milk helps you recover from exhaustive bouts of exercise.¹ Chocolate milk has an ideal balance of protein and carbohydrate, which helps refuel and rebuild tired muscles for the next workout.¹

Research shows that a beverage containing both carbohydrate and protein, such as chocolate milk, can be more effective at increasing next-workout performance than a conventional carbohydrate-only sport beverage.^{1,2,3} Chocolate milk is an excellent source of protein, which is especially important for recovery if you plan to work out again within the next 24 hours. Protein helps enhance recovery by repairing damaged muscle tissue and promoting muscle growth.

During a strenuous workout, your body uses carbohydrate stores, called glycogen, in your muscles for energy. As glycogen becomes depleted, so does your ability to perform at your peak. Chocolate milk, an excellent source of carbohydrates, can help replenish those stores quickly after a workout. The faster these stores are replenished after exercise, ideally within 15-30 minutes, the better you can perform at your next workout.

Chocolate milk can help with hydration. It is 90% water and has a great complement of electrolytes, including potassium and sodium. It has also been shown to be an effective rehydration aid—better than sports drinks—following exercise.⁴

Chocolate milk is an important source of B vitamins, including niacin and riboflavin, which are necessary to convert food to the energy needed by exercising muscle. Chocolate milk also contains vitamin B12, which helps to keep red blood cells healthy and able to deliver oxygen to tired muscles.

1. Karp J R, et al., Chocolate Milk as a Post-Exercise Recovery Aid. *International Journal of Sport Nutrition and Exercise Metabolism* 2006;16, 78-91.
2. Williams MB, et. al.. Effects of recovery beverages on glycogen restoration and endurance exercise performance. *Journal of Strength and Conditioning Research*. 2003; 17(1):12-19.
3. Niles ES, et. al. 2001. Carbohydrate-protein drink improves time to exhaustion after recovery from endurance exercise. *Journal of Exercise Physiology Online*. 2001. 4(1): 45-52.
4. Shirreffs SW, Watson P and Maughan RJ. Milk as an effective post-exercise rehydration drink. *British Journal of Nutrition* 2007; 98:173-180.

Canada's Food Guide
recommendations for Milk & Alternatives

2-8 years	2 Food Guide Servings
9-18 years	3-4 Food Guide Servings
19-50 years	2 Food Guide Servings
51+ years	3 Food Guide Servings