Sports Recovery Drink

Chocolate milk has the right amounts of carbohydrate, protein and other nutrients to help the body refuel, recover and rehydrate more quickly after exercise. In fact, chocolate milk is just as effective as some sports drinks, AND its a bargain.

Scientists have evaluated chocolate milk as a post-exercise drink and have identified several reasons why it may be an effective recovery aid: chocolate milk contains a combination of carbohydrates and protein to help replenish exhausted muscles after exercise, and it provides fluids and electrolytes such as potassium and sodium that help the body rehydrate. Additionally, chocolate milk has high-quality protein that helps build lean muscle when combined with exercise.

Each eight-ounce serving of milk—plain or flavored—contains 300 mg of calcium, which is important to prevent bone fractures and to build strong bones.

Food to Refuel

To refuel after activity kids should consume a meal or snack consisting of protein and carbohydrate within 30 minutes. Here are some quick and easy ideas:

- Chocolate milk
- Whole-grain crackers and cheese
- Yogurt with fruit slices for dipping
- String cheese and a piece of fruit
- Milk and frozen fruit smoothie
- Pita chips dipped in hummus
- Granola bar dipped in yogurt

Sports Nutrition for Kids

Good nutrition will build a foundation for healthy athletes—and all kids. It starts with a balanced diet that includes foods from all of the food groups—Dairy, Vegetables, Fruits, Grains and Protein.

Calcium, vitamin D and protein from the Dairy group are very important to all growing children and especially to athletes because they promote strong bones and healthy muscles.

For kids involved in sports, meals and snacks should provide carbohydrate and protein. Carbohydrate provides quick energy, or fuel, for activity. Protein provides energy for a longer period of time and helps the body rebuild after activity.
Chocolate Milk and Health Benefits for Kids

Chocolate milk not only tastes great, but is also a nutritious snack for kids of all ages. Drinking flavored milk can help kids meet their recommended daily milk servings.

Does flavored milk lead to weight gain?

According to a study published in the Journal of the American Dietetic Association, kids who drink chocolate, other flavored or plain milk consume more nutrients yet have a lower body mass index (BMI) than kids who don’t drink milk at all.

Several national health organizations endorse flavored milk as a healthy choice for children and adolescents:
- American Academy of Pediatrics
- American Heart Association
- Academy of Nutrition and Dietetics

Flavored milk’s contribution of added sugars to the diets of kids ages 2-18 is minimal at about 3 percent.

What is flavored milk?

Flavored milk is simply white cow’s milk, with added flavoring and sweetener. The amount of flavoring and sweetener varies from brand to brand, but has been sharply reduced in recent years.

Flavored milk provides the same irreplaceable package of nine essential nutrients as white milk:
- calcium
- phosphorus
- vitamin D
- vitamin B12
- niacin
- potassium
- protein
- vitamin A
- riboflavin

How much do kids need from each of the food groups?

<table>
<thead>
<tr>
<th>Age</th>
<th>Dairy Milk, Yogurt, Cheese</th>
<th>Vegetables</th>
<th>Fruit</th>
<th>Grains Breads, Cereals, Pasta</th>
<th>Protein Meat, Beans, Nuts</th>
</tr>
</thead>
<tbody>
<tr>
<td>9-11</td>
<td>3 cups</td>
<td>2-3 cups</td>
<td>1½-2 cups</td>
<td>5-7 ounces</td>
<td>5-6 ounces</td>
</tr>
<tr>
<td>12-18</td>
<td>3 cups</td>
<td>3-3½ cups</td>
<td>2-2½ cups</td>
<td>7-10 ounces</td>
<td>6-7 ounces</td>
</tr>
</tbody>
</table>

Based on the Dietary Guidelines for Americans

HealthyEating.org