

FUEL YOUR BODY

SPORTS RECOVERY DRINK

Chocolate milk has the right amounts of carbohydrate and protein to help the body recover more quickly after exercise. It is also economical and tastes good.

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 to assist with rehydration. 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—300 mg of calcium, which is important to prevent bone fractures and to build strong bones.



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 foods, lean meats or beans, whole grains, fruits and vegetables.

Calcium and vitamin D 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.



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



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