



# Got Chocolate Milk?



As an athlete, you devote hours of your life to your sport. At practice, you work on form, speed, agility, power, strength, and endurance, but your body is limited without proper fuel. Good food is essential to reaching your potential as an athlete, and learning to treat your eating habits (what you eat and when you eat) as part of your training will allow your body to perform at its very best.

## sport nutrition essentials...

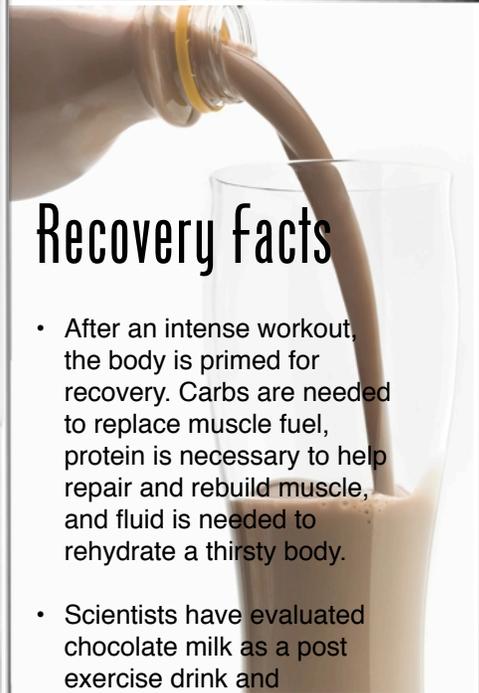
- ✓ **Carbohydrate:** grains, fruit, dairy, veggies (potatoes, corn, squash) & sport foods
  - ✓ fuels muscle during high intensity exercise & supports brain function
  - ✓ *Tip:* incorporate a carb-rich snack before and after training
- ✓ **Protein:** meat, fish, poultry, eggs, dairy, nuts, seeds, beans & soy
  - ✓ builds and repairs muscle tissue; important for bone health & immune function
  - ✓ *Tip:* aim for protein with each meal and snack as well as before and after exercise (examples: fruit & yogurt, cereal & milk)
- ✓ **Fat:** animal products, nuts, seeds, avocado, vegetable oils, some packaged foods
  - ✓ serves as an energy source for low intensity exercise; helps send messages; reduces inflammation
  - ✓ *Tip:* incorporate healthy fats (avocado, olive/canola oil, nuts, and nut butters) into a balanced diet; limit fatty meat and fried foods

## Get your school involved



[www.fueluptoplay60.com](http://www.fueluptoplay60.com)

Looking for more information?  
The Dairy Council of UT/NV  
[www.dairycouncilutnv.com](http://www.dairycouncilutnv.com)  
801-487-9976  
Social Media: DairyUTNV

## Recovery facts

- After an intense workout, the body is primed for recovery. Carbs are needed to replace muscle fuel, protein is necessary to help repair and rebuild muscle, and fluid is needed to rehydrate a thirsty body.
- Scientists have evaluated chocolate milk as a post exercise drink and determined that it has the ideal amount of carbs and protein for recovery.
- Drinking chocolate milk within 30 minutes of exercise will help you recover faster.
- In addition to carbs and protein, chocolate milk has sodium and potassium - important electrolytes to aid in rehydration.
- Each 8oz serving of milk - plain or chocolate has 300mg of calcium - an essential ingredient for building strong bones and preventing stress fractures.
- Chocolate milk is economical and tastes great!