

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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CHOCOLATE MILK AND HEALTH BENEFITS FOR KIDS



Chocolate milk not only tastes great, but is also a nutritious snack for kids of all ages. According to a study published in the Journal of the American Dietetic Association, kids who drink chocolate or other flavored or plain milk consume more nutrients and have a lower body mass index (BMI) than kids who don't drink milk.

How about the use of high fructose corn syrup (HFCS) in flavored milk?

As with most everything we eat, people can enjoy sweeteners, including HFCS, when consumed in moderation. Flavored milk's contribution of added sugars to the diets of kids ages 2-18 is minimal at about 2 percent.

Drinking flavored milk can help kids meet their recommended daily dairy servings.

The American Academy of Pediatrics (AAP) 2006 report on optimizing bone health recommends consuming low-fat or fat-free flavored milks, cheeses or yogurts containing modest amounts of added sweeteners to meet calcium recommendations in children and adolescents.

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.

Flavored milk is a nutrient-rich beverage providing the same nine essential nutrients as white milk:

- calcium
- phosphorus
- vitamin D
- vitamin B12
- niacin
- potassium
- protein
- vitamin A
- riboflavin

Milk's nutrients, especially calcium and vitamin D, are necessary for developing strong bones.



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

Age	Milk	Fruit	Vegetables	Grains	Meats & Beans
9-11	3 cups	1½ - 2 cups	1½ - 2½ cups	5 - 6 ounces	4 - 5½ ounces
12-18	3 cups	2 - 2½ cups	3 - 3½ cups	7 - 10 ounces	6 - 7 ounces

Based on the USDA MyPyramid