

# Recovery Nutrition

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Outdo Ordinary™

# Why Recover?

- A sound recovery nutrition protocol will ensure optimal training adaptations
- Recovery allows your body potential to perform at 100% for the next practice or competition



[wmmb.com/sports](http://wmmb.com/sports)

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



<http://www.jrecoonsj.com/10-tricks-to-shopping-for-your-best-athletic-shoes.html>

100%

- **Rehydrate** to prevent dehydration
- **Replenish** muscle and live glycogen stores with carbohydrate
- **Repair** and regenerate muscle tissue with high-quality protein
- **Reinforce** your immune system with nutrient-dense foods



# 4 R'S

# What should an athlete eat after training?

- **Liquid fuel** is perfect for athletes because it is easily absorbed
- **Carbohydrate** (Carb) consumption after exercise is important for **glycogen** (liver and muscle stores) storage
- Carbohydrate should be **consumed as soon as possible** after exercise
- Carbohydrate goal **.5 gram per pound**  
(150 lb. athlete = 75 grams)
- **Protein** consumption after exercise is important for **muscle recovery and repair**
- Protein **goal is 15-20 grams**



## Option 1:

- 2-8 oz. cartons of chocolate milk = (48 grams of Carb and 16 grams Protein)
- 1 fruit (1/2 banana or orange) = (15 grams Carb)
- 1 bread (1/2 bagel or 1 oz. pretzels = (15 grams Carb)

Total = 78 grams Carb/16 grams of Protein



## Option 2:

- 1-8 oz. carton of chocolate milk  
(24 grams of Carb/16 grams of Protein)
- Homemade Trail Mix:
  - 1 oz. (28) peanuts (7 grams Protein)
  - 1 cup dry cereal (22 grams Carb/3 grams of Protein)
  - 1/3 cup dried cranberries (24 grams Carb)

Total = 70 grams Carb/18 grams of Protein





## CHOCOLATE MILK

THE IDEAL POST-WORKOUT RECOVERY BEVERAGE

### CARBOHYDRATE-PROTEIN

The right ratio of carbohydrate to protein to prevent muscle soreness, repair muscles and replenish glycogen stores. Refuel with chocolate milk.

### B-VITAMINS

To convert food into energy.

### YOU GET IT IN BOTH

Chocolate milk contains the same 9 essential nutrients that white milk does and it tastes great!

### TIMING

Timing is critical. Recovery nutrition needs to be provided within the first hour to replenish energy stores also known as glycogen found in the liver and muscles.

### CALCIUM & VITAMIN D

Calcium and Vitamin D to strengthen bones and reduce the risk of fractures.

### WATER & ELECTROLYTES

To rehydrate and replenish what's lost in sweat.



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- **General Fluid Recovery Needs:** 24 oz. (3 cups) fluid per pound of sweat lost
- **Liquid Fuel** (chocolate milk) consume within the first hour post activity
- **Other Key Nutrient Needs:**
  - Electrolyte replacement (sodium, potassium, calcium, and magnesium) to maintain fluid balance
  - Calcium and Vitamin D to strengthen bones
  - B-vitamins to convert food into energy





## New beverage comparison tool...

Tool to compare various beverages to low-fat chocolate milk

Athletes need an ideal ratio of carbohydrate to protein to replenish energy used during exercise and support muscle recovery. Recent studies show, and coaches agree, low-fat chocolate milk naturally provides this winning ratio of nutrients more effectively than most sports drinks. ([View Study](#))



### Low-Fat (1%) Chocolate Milk

Low-fat chocolate milk helps athletes refuel after a workout by providing protein, carbohydrate and electrolytes (calcium, potassium, sodium and magnesium). While many other beverages contain both carbs and electrolytes, most lack the added benefit of protein found in low-fat chocolate milk. Low-fat chocolate milk provides a source of easily digested high quality whey protein to promote protein synthesis. Low-fat chocolate milk is naturally rich in bone-building calcium and fortified with vitamin D and it has the right mix of carbohydrate to protein. Low-fat milk contains 3 grams of fat per serving.



CONSUMER DAIRY GIFT CATALOG ON THE FARM CORPORATE MEDIA FOODSERVICE RETAIL

WISCONSIN CHEESE RECIPES PAIRINGS ENTERTAINING EVENTS CHEFS WHERE TO BUY

**In This Section**

- Win With Chocolate Milk
- White Milk
- Chocolate & Flavored Milk
- Cream
- Milk Facts
- Information

## In Wisconsin, Athletes Win With Low Fat Chocolate Milk.

*And you can, too.*

When you wrap up your tough workout with low fat chocolate milk, you win. That's because it has the right combination of protein and carbs to help you refuel, and fluid and electrolytes to help you rehydrate and replenish what's lost in sweat. Plus milk's high-quality protein helps repair and rebuild muscle. Low fat chocolate milk is growing in popularity as a sports recovery beverage for one reason—it works.

John Dettmann, Director of Strength and Conditioning at the University of Wisconsin, is just one of many athletic professionals who have seen the direct impact that chocolate milk can have on a training regimen. Take a moment to learn from his experience by watching the video below.

LOW FAT  
Chocolate  
**MILK**



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*John Dettmann, Director of Strength and Conditioning at the University of Wisconsin, recommends low fat chocolate milk as a sports recovery beverage for his athletes.*

**Low fat chocolate milk has what athletes need to recover after a hard workout. It's simple, effective and scientifically shown to help refuel your body so you can perform at your best.**



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- Fuel Up To Play 60
- Chocolate Milk Has Muscle
- School Nutrition
- Teachers
- Free Materials for WI Schools
- Sports Nutrition
- Nutrition Links
- WMMB Contacts
- Cheese and Dairy Gear
- Nutrition Fast Facts



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## Wisconsin Dairy Council

### Chocolate Milk: Nature's Recovery Drink

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Click a Drink to Compare >



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**Thank You**  
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