Student Handouts

Work with your school foodservice director or manager. Have your student athletes pick up a container of lowfat chocolate milk prior to an event, and keep them in a cooler on the sidelines or on the bench. This handout explains the recovery benefits of lowfat chocolate milk. Plus, if you use this chart to record what you’re currently doing to help your body recover, you can share it with your student colleagues.

Cool-Down Exercises

Cool-down your body to help prevent muscle stiffness. The move to cooling down should include:

- Stretching: Stretching before and after physical activity helps to prevent muscle stiffness.
- Light aerobic exercise: This can help remove waste products such as lactic acid from your muscles. For cool down:
  - Jogging or walking to lower your heart rate and body temperature and to remove waste products such as lactic acid from your muscles, followed by:
  - 5-10 minutes of stretching exercises to help your muscles relax and to re-establish their normal range of motion. Stretches should be held for approximately 10 seconds. Stretches should include the back and neck, leg muscles, shoulder muscles, and inner thighs.

- Proper breathing: Proper breathing helps to relax and re-establish their normal range of movement.

- Stretches should be held for approximately 10 seconds.
- Relax and re-establish their normal range of movement.
- Staying hydrated—before, during, and after physical activity is always important, so be sure to drink plenty of water. But you need more than water to recover after intensive exercise: Athletes need:
  - Carbs to fuel your muscles
  - Protein to help reduce muscle damage and help rebuild your muscles.
  - Electrolytes, including calcium, potassium, and magnesium, to help replenish and rehydrate.

Post-Workout Nutrition

When you’re hungry—before, during, and after physical activity—the correct foods are why chocolate milk is a nutritious choice to complement their fitness goals. For nutrition (fluids and snacks):

- Protein: Protein helps build and refuel muscles (restore muscle glycogen).
- Electrolytes, including calcium, potassium, and magnesium, to help replenish and rehydrate.
- Vitamins and minerals: These nutrients help convert food to energy.
- Carbohydrates: Carbohydrates help build and refuel muscles (restore muscle glycogen).

Exercise-induced muscle damage can lead to muscle pain, muscle soreness, and with more power during a second workout session. Because milk is 90% water!”

Some studies suggest that lowfat chocolate milk may be as equal. This handout provides background information about the unique package of nutrients in lowfat chocolate milk. Take a look at how the unique package of nutrients in lowfat chocolate milk can help convert food to energy.

Part A. The After-Workout Workout

If you’re already a nutritive, great. But if you’re not, you may find it hard to make sure you’re eating the right foods to help convert food to energy. And, penny for penny, no other post-workout beverage contains the same vitamins and minerals as lowfat chocolate milk. Chocolate milk has the right mix of carbohydrates, protein, and electrolytes, including calcium, potassium, and magnesium, to help replenish and rehydrate.

Part B. Make It Routine

Now, let’s put it all together. Does the regular student athlete: How do you feel when you’re hungry—before, during, and after physical activity? Keep in mind, just as athletes need to eat to perform their best, normal athletic recovery requires food too. When you’re hungry—before, during, and after physical activity, the correct foods are why chocolate milk is a nutritious choice to complement their fitness goals. For nutrition (fluids and snacks):

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Tips to Make Chocolate Milk Your

1. Ask parent volunteers to bring low-fat chocolate milk in the cafeteria for your school’s athletic program.
2. Have your student athletes pick up a container of low-fat chocolate milk prior to an event, and keep them in a cooler on the sidelines or on the vending machine that contains low-fat chocolate milk.
3. Chill a few gallons of low-fat chocolate milk prior to an event.
4. Encourage your student athletes to ask their parents to serve it with snacks and meals.

The Body Isn’t The Same As It Used To Be?

Chocolate milk may be especially effective as a post-workout recovery beverage. This handout explains the benefits of chocolate milk in teen-friendly language, along with a side-by-side challenge that student athletes can use to establish why low-fat chocolate milk as a post-workout recovery beverage is an effective recovery beverage.

You know that good nutrition is an essential part of being a competitive athlete. But do you know how to refuel after a hard workout? Not all recovery beverages are created equal. This handout provides background information on the post-exercise recovery process, and profiles the key ingredients in milk—calcium, potassium, magnesium and protein—that you need for a successful recovery.

Chocolate milk is effective in helping athletes recover faster after a hard workout. A study at Indiana University found that cyclists who drank low-fat chocolate milk were able to work out longer and with more power during a 2-hour workout than those who drank a commercially available carbohydrate replacement or water alone. The researchers concluded that milk is a preferred fluid replacement drink.

Drinking chocolate milk after a workout can help restore both fluids and electrolytes—vitamins like calcium, potassium, and magnesium—that you’ve lost when you exercise. And you can’t beat the cost! Refueling with low-fat chocolate milk will set you up for the future impairments in performance. A study in the Journal of Applied Nutrition found that milk had the highest recovery index when combined with carbohydrates, providing athletes with a peak performance.

A Nutrient Powerhouse

Refuel with Chocolate Milk

What you do during that 2-hour recovery window after a hard workout is crucial to how well your body is able to recover. That includes replenishing your body and rebuilding and regaining the strength that worked so hard to help you perform at your peak.

Part A. The Facts:

Chocolate Milk & Recovery

Check out what the latest research says:

- Milk has high-quality protein and essential nutrients that may be beneficial in training and maintaining muscle mass when combined with exercise. Several hours following a workout, milk can help prevent muscle loss.
- Exercise-induced muscle damage can be reduced by consuming a protein-rich beverage such as chocolate milk within 2 hours of exercise. A study at the United Kingdom’s Loughborough University found that consumption of whey protein or chocolate milk after exercise significantly reduced muscle damage than those who drank water or typical post-workout drinks.
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Part B. Chocolate Milk: It’s the Real Deal

You see them on every food or drink you buy, but do you know how to read a nutrition label? Not all grams of milk have the same vitamins and minerals as others. Here are some key points you need to know:

Lowfat Chocolate Milk:

A Nutrient Powerhouse

Take a look at how the unique package of nutrients in milk can benefit you:

- High-quality protein—like that found in milk—can help you build and repair muscle (restore muscle glycogen).
- Carbohydrates, including vitamins, minerals, and amino acids that may be beneficial in muscle recovery.
- Fluids to help rehydrate the body.
- Calcium and vitamin D to strengthen bones and help reduce the risk of stress fractures.
- Fats to help maintain ideal body weight.
- Packed with nutrients not typically found in traditional sports drinks.

Lowfat Chocolate Milk: Nutrition Facts

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings Size</td>
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<tr>
<td>Servings Per Container</td>
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<tr>
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<tr>
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<td>Vitamin C</td>
<td>4%</td>
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<tr>
<td>Calcium</td>
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<tr>
<td>Iron</td>
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<tr>
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</tr>
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<td>Riboflavin</td>
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<tr>
<td>Biotin</td>
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</table>

Most Vitamins % Daily Value

- Vitamins A, C, B2, B3, B6, B12, and Biotin are not typically found in traditional sports drinks.

Final Score? Chocolate milk has the right mix of carbs and protein and other important nutrients to help you refuel and recover. Ask your coach to stock up after every event, grab some from the cafeteria, or make a quick stop for chocolate milk on your way home from school. Those who can’t handle dairy can try other milk equiv

Visit bodybymilk.com to hear testimonials from the California Milk Processor Board.©2010 America’s Milk Processors. got milk?® is a registered trademark of the California Milk Processor Board ©2010 Young Minds Inspired

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**The Science Behind**

Replacing muscle fuel (glycogen) after exercise is essential to an athlete's recovery.


**Part A. Healthy Eating Tips for Athletes**

- Eat a variety of foods. Different foods contain different types of nutrients, so you need to eat a variety of foods to get everything you need to stay in top condition.
- Drink milk. Eating regular milk provides a naturally balanced source of the nutrients you need to ensure you'll be at your best.
- Eat healthy snacks. Because energy needs vary, you may need snacks. Healthy between-meal snacks maintain your energy level.
- Drink plenty of fluids. Don't wait until you are thirsty to start drinking water and other fluids. And be sure to drink even more.
- Eat for energy before exercise. Eat a light meal that's high in carbs, rice in three hours before exercise. Foods that are high in fiber—like pasta, rice, and fresh fruit—will provide fuel for your muscles. Avoid sugar and refined starches such as cake and bread before your workout.
- Eat to refuel and recover after strenuous exercise. Drink and/or a snack that includes carbs, proteins, and fluids—such as lowfat chocolate milk. Eat the first 2 hours after a tough workout or game.

**Part B. Smart Food Choices**

Smart food choices can be as simple as choosing three meals. Follow these guidelines to make healthy food choices—more varied and throughout the day!

**Choose This...**

- Whole-grain bread
- Sauerkraut and meat or fish
- Lean meat and beans
- Nuts and vegetables (Scallions, broccoli, celery, etc.)

**Instead of This...**

- White bread
- Tater tots or French fries
- High-fat meats
- Candy and chips

**And You Will Get...**

- A beverage that's packed with 9 essential nutrients, including protein and B vitamins to help support fuel body to move
- A healthy carb and fiber boost
- A healthy combination of carbs, protein, and essential nutrients
- A base source of protein to help build muscle
- A healthy snack packed with fiber, vitamins, and minerals

**Why Milk?**

Drinking lowfat or fat-free milk can help you make a difference in your fitness and your body. It's a natural source of high-quality protein, which, when combined with exercise, can help build lean muscle. It also has the right mix of carbohydrates and proteins to refuel and fluids and electrolytes to help maintain performance and hydration.

So eat right, get active, and drink three glasses of milk a day to be at the top of your game!