

# Nutrition News

Department of Human Nutrition



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## School Lunchroom Staple — An Ideal Sports Drink?

For years, athletes and those engaging in extended vigorous exercise have reached for one of the well-known commercial recovery drinks. These drinks are carefully formulated to replenish electrolytes lost during prolonged physical activity. Basically, they contain carbohydrates (some form of sugar such as glucose, fructose or sucrose) along with electrolytes like sodium and potassium—replacement for those nutrients that have been excreted through perspiration that occurs during endurance or strenuous exercise.

### A new use for an old favorite?

Chocolate milk, a longtime favorite drink in school cafeterias, has taken on a new role as a sport recovery drink. Not only is it well-suited for rehydration, but it also offers an ideal ratio of carbohydrates to protein, important for refueling muscles after exertion. Several small studies with athletes, such as one with cyclists at Indiana University (2006), have found that

chocolate milk is just as good as popular commercial alternatives in recovery from strenuous exercise. Recently, a study published in the *Journal of the International Society of Sports Nutrition* (Dec 2008) found that for muscle recovery among soccer player subjects, drinks with a carbohydrate-protein mix, such as that found in milk, are effective post-exercise rehydration beverages and may even help reduce exercise-induced muscle damage.

Keith Ayoob, RD and associate professor of pediatrics at the Albert Einstein College of Medicine, calls chocolate milk a sports drink ‘plus.’ Roberta Anding, RD and spokesperson for the American Dietetics Association, recommends chocolate milk to her young athlete clients, saying that it makes good sense to take advantage of an excellent recovery drink that is inexpensive, effective and provides some nutrients that many young people are not getting enough of—calcium and vitamin D.

### What is the take-home message for consumers?

Although commercial recovery beverages do the job, the edge for chocolate milk may come from its protein content that encourages muscle recovery. In addition, a *real* bonus the nutrient-dense chocolate milk offers is calcium and vitamin D that children’s and teens’ diets typically lack.

Sources: International Journal of Sports Nutrition and Exercise Metabolism. *Chocolate Milk as a Post-Exercise Recovery Aid*. 2006.

Journal of International Society of Sports Nutrition. *Milk the New Sports Drink? A Review*. 2008.

(Nutrition Facts using nonfat skim chocolate milk)

Nutrition Facts	
Serving Size 8 ounces (227g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 5
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat --g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 130mg	<b>5%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 25g	
<b>Protein</b> 7g	
Vitamin A 8%	Vitamin C 4%
Calcium 25%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

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To find out more, call toll-free 1-888-369-4777.

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