

Chocolate Milk after a Workout



Several studies have proven that Chocolate milk is just as effective as a regular sports drinks like Gatorade when consumed after exercise. It works best for re-hydrating the body and helping to rebuild muscle that was depleted of energy during a workout.

Exercise Recovery 101

When you exercise, you contract your muscles to an extent and deplete the carbohydrate and protein stores in your muscles. Water is not enough when it comes to refueling and that is where chocolate milk trumps sports drinks. Although sports drinks contain water, they lack natural protein and carbohydrates that are naturally occurring in milk. Milk has the added bonus of vitamins A and D and calcium, aiding in bone strengthening and building muscle.

Greater Rehydration

The high amount of water, vitamins and protein contained in chocolate milk replenishes the body's water content that was lost as sweat during exercise faster. Depending on which brand, it also contains small amounts of sugar and sodium. This allows the body to stabilize faster because it can retain water and gain energy, which is an essential process during recovery.

"[Milk] is a sports drink 'plus'... It will supply you with things you need whether or not you're working out." - Ayoob, EdD, 2006

The Battle: Chocolate Milk, Water, and Gatorade

Why is Chocolate milk better than water or Gatorade?

- **Water.** Replenishes fluid after sweat loss but does not contain any vitamins or minerals unless fortified.
- **Sports Drinks.** Replenish fluid after sweat loss and contains electrolytes to replenish body. May include high amounts of sugar.
- **Chocolate Milk.** Replenishes fluid after sweat loss, contains vitamins, minerals, and natural protein (whey) and carbohydrates (lactose). Lactose allows the muscles to speed up recovery while whey produces more protein (important after resistance workout).

How Much and When?

You are not restricted to only consuming Chocolate milk after a workout. As long as you consume an adequate amount of carbohydrates and protein, your body will have a proper recovery.

Window of Opportunity: consuming a post-exercise meal **immediately** after a workout is superior to consuming one only 1 hour later. Consuming a meal one 1 hour later is superior to consuming one 3 hours later.

0.8g of **carbohydrate** per 1 kilogram of body weight.
0.2g - 0.4g of **protein** per 1 kilogram of body weight.

References: <http://www.chocolatemilk.com/>, <http://www.webmd.com/>, Van Loon et al., 2000.