



# REFUELING WITH LOW-FAT CHOCOLATE MILK

Low-fat chocolate milk is growing in popularity as a sports recovery beverage for one reason — it works!

**ReFUEL.** Low-fat chocolate milk has the right mix of carbs and protein to refuel tired muscles after a tough workout; it rehydrates them with critical nutrients lost in sweat. Chocolate milk replenishes electrolytes such as potassium and sodium, B vitamins for energy and calcium, vitamin D and phosphorus for bone health.

Research in *Medicine & Science in Sports & Exercise, 2010*, found drinking 16-ounces of fat-free chocolate milk led to greater concentration of glycogen in muscles at 30 and 60 minutes post exercise.

**ReCOVER.** With 1 gram of high-quality protein in every ounce, low-fat chocolate milk helps repair — and build — recovering lean muscles after strenuous exercise.

Studies in *Applied Physiology, Nutrition & Metabolism, 2008 and 2010*, note subjects who drank regular or flavored milk after a rigorous workout experienced less exercise-induced muscle damage than those who drank sports drinks or water.

**ReSHAPE.** Want to gain more lean muscle and lose more fat? Use low-fat chocolate milk as part of a regular workout and recovery routine.

The University of Texas at Austin studied 32 healthy, but untrained, cyclists who recovered with low-fat chocolate milk. They gained more muscle and lost more fat during training — a 3 pound lean muscle advantage compared to athletes who recovered with a carbohydrate drink.

**Win.** Drinking low-fat chocolate milk after a vigorous workout can help athletes perform better, improving speed, distance, endurance and power in their next bout of exercise later that same day.

For additional studies on the benefits of refueling with low-fat chocolate milk visit: [WinWithChocolateMilk.com](http://WinWithChocolateMilk.com)

Packed with nutrients, one 8-ounce glass of low-fat chocolate milk provides:



**CALCIUM** for strong bones and teeth.

**VITAMIN D** to help absorb calcium.

**PHOSPHORUS** to help keep bones strong.

**RIBOFLAVIN** for converting food into energy.

**PROTEIN** for building and maintaining lean muscle.

**VITAMIN B12** to help build red blood cells.

**POTASSIUM** to help regulate the balance of fluids in the body.

**VITAMIN A** for good vision and a strong immune system.

**NIACIN** to help convert nutrients into energy.

