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RE/FUEL
WITH CHOCOLATE MILK



GOT GAME?

The nutrient combination of milk and flavored milk is unique - not like any other beverage out there.

Everyone knows you need to keep your body hydrated before, during, and after a workout. But how do you replenish exhausted muscles?

Refuel with chocolate milk!

A bottle of cold chocolate milk is a great tasting carbohydrate source to refuel the body and make energy available for your next practice or event.

WHY?

Chocolate milk has a unique combination of protein, carbohydrates, and potassium that helps refuel tired muscles.

HOW?

Have a serving of chocolate milk after practice or competition.

Refuel with chocolate milk between double sessions and closely scheduled competitions.

CHOCOLATE MILK: AN IDEAL SPORTS RECOVERY DRINK

- 90% water for hydration
- Carbohydrates to replace depleted muscle glycogen
- Protein to build and maintain muscles
- Calcium, vitamin D, phosphorus, and magnesium for strong bones
- Potassium to help muscles contract and regulate body fluids
- B-vitamins to help convert food to energy for exercising muscles


REFUEL
WITH CHOCOLATE MILK



For more information:
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CHOCOLATE MILK PROVIDES 9 ESSENTIAL NUTRIENTS YOUR BODY NEEDS TO REFUEL.

