

## What is a good Recovery Fluid

### SPORTS NUTRITION SERIES

## REFUEL *with* CHOCOLATE MILK

***Chocolate milk has it  
all to help you recover  
from your workout!***

- Carbohydrates and protein to replenish muscles
- Fluids to rehydrate
- Electrolytes to help retain water
- Sugar to regain energy
- Cost effective when compared with engineered sports beverages



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Summary: According to N. Clark athletes should use sports drink during sports or exercise but they are not needed afterward! After a hard workout or sport, recovery foods such as chocolate milk have far more electrolytes than you'll get in a sports drink. Read on for details.

## Recovery Fluids **SPORTS NUTRITION SERIES**

My recovery fluid of choice is water and it is what I suggest for most people. I suggest differently for athletes though. To stress an important point again most people during exercise should drink several ounces of water every 15 to 20 minutes. The goal for athletes is to drink on a schedule and lose no more than 2 percent of your body weight (e.g., 3 lb for a 150 lb, or 1.4 kg for a 68 kg, person). After you finish a workout or sport especially if it has been a hard one, you need to replace the fluids you lost through breathing and sweating to get back into water balance. Ideally, you should minimize dehydration during the event, but that can be hard to do during intense exercise or sport. After a hard sports conditioning workout or event, many athletes reach for a sports drink such as Gatorade or Powerade to quench their thirst and replace sweat losses. According to N. Clark little do they realize that low-fat and skim milk can be effective at rehydrating (Karp et al. 2006)! Milk has electrolytes (as do all natural foods), which enhance fluid retention and restore normal fluid balance (Shirriff, Watson, and Maughan 2007). According to N. Clark athletes should use sports drink during sports or exercise but they are not needed afterward! Her table shows how plain and chocolate milk compare to Powerade. The bottom line according to N. Clark: After a hard workout or sport, recovery foods such as chocolate milk have far more electrolytes than you'll get in a sports drink. It provides either similar or superior results when compared to placebo or other recovery drinks. It is also very cost effective.

TABLE 10.2 Comparing Milk and Sports Drinks

Beverage (8 oz, or 240 ml)	Sodium (mg)	Potassium (mg)	Protein (g)	Carbohydrate (g)
Low-fat milk	100	400	8	12
Powerade	55	45	—	19
Chocolate milk	150	425	8	26
Water	—	—	—	—