



Milk for Peak Performance!

Milk can help athletes of all ages and abilities perform at their best

Why milk? Athletes need fuel, adequate fluids, and protein to build, maintain, and repair muscle. They also need a variety of nutrients to maximize their health and immune systems in order to reduce the risk of illness and injury. Milk has it all! Milk contains:

- Carbohydrates, which provide fuel directly to muscle through blood glucose. Drinking milk helps maximize stored carbohydrate energy in the muscles and liver after exercise so an athlete can exercise longer or more intensely the next time
- Protein, which helps the body build, maintain, and/or repair muscle—and more muscle can also mean a higher metabolism to burn more calories for weight control.
 - the protein in milk (as compared to some other protein sources) is of high quality relative to providing sufficient amounts of amino acids, the building blocks used to create muscle
- Lactoferrin (an iron-binding protein) to bind iron in the blood to cells. Iron is important for cells to function and for oxygen transportation to the muscles (low iron can cause fatigue).
- Electrolytes for proper fluid uptake. Drinking milk after exercise helps replace some electrolytes lost from sweating
- Fluid for attaining, maintaining, and replacing body fluids lost during exercise. Some studies show milk, which is 90% water, to be more effective than water or commercial sports drinks
- Branched chain amino acids (BCAAs), which provide energy during endurance exercise. The protein in milk contains the highest amount of BCAAs available from a natural food source—providing up to 10-15% of energy needed during exercise.



More good news about milk: Milk has nine essential nutrients to improve or maintain general health and immune system function, including:

- Calcium, which reduces the risk of stress fracture and builds and maintains strong bones. Adequate calcium intake is vital at all ages, including:
 - Children and teens, who need calcium for bone growth
 - Women during menopause, to help reduce bone loss
 - All adults, as a protection against bone loss
- Vitamin D, which helps maximize calcium uptake. Drinking milk helps reduce the risk of Vitamin D deficiency, which can result in aching muscles, painful joints and injury
- Potassium, which helps to maintain normal muscle contraction and to balance body fluids
- B vitamins to help the body use carbohydrates and protein

Is the whey protein in milk beneficial?

Researchers are investigating the potential for whey protein to aid athletes by:

- Stimulating muscle building
- Speeding muscle recovery after a hard workout as well as or better than soy protein or commercial sports beverages
- Assisting in lowering body fat without muscle loss during exercise
- Improving the immune system to reduce the risk of illness

Drink Oakhurst Chocolate Milk after a workout.

Studies suggest drinking about 16-20 oz. of chocolate milk within about 30-45 minutes after a hard workout. Chocolate milk offers all the benefits of plain milk plus it contains carbohydrate and proteins in a proportion greater than 3 to 1. This is the optimal level to refuel tired muscles with carbohydrates after heavy exercise. Chocolate milk also tastes great and is less expensive than most protein supplements or sports beverages.

Any information provided is not intended to diagnose, treat, cure, or prevent any disease, or to give medical advice. Always consult your family health practitioner before altering your personal health regimen.

