

# Milk and Dairy

the art of recovery

## after sport

Your guide to food combinations for recovery meals

A recovery meal should provide at least 60g carbohydrates and 10g protein. Here are some options to choose from:



500 ml  
flavoured milk  
or drinking  
yoghurt



300 ml  
yoghurt  
fruit smoothie  
(add a bit of  
peanut butter  
to up the  
proteins)



500 ml  
low-fat milk  
+  
2 bananas



300 ml  
milkshake  
made from  
dairy ice cream  
and milk



1 sandwich  
or bread roll  
with lean meat,  
cheese or chicken  
as filling  
+  
a piece of fruit



1 cup fruit salad  
+  
1 tub (200 g) of  
low-fat yoghurt



700 ml sports  
drink  
+  
1 energy bar



## Cool stuff to remember

- > Freeze a bottle of flavoured milk or drinking yoghurt the night before a race to ensure an ice-cold drink at the finish line.
- > Add ice cubes and frozen berries or grapes to a smoothie.
- > Pack a cooler bag with ice bricks to keep your drinks cool.
- > Be sure to have milk in the fridge so that you enjoy an ice-cold drink as soon as you



An initiative by the  
Consumer Education Project of Milk SA

For more information on the role of dairy in sport,  
please visit our website at [www.rediscoverdairy.co.za](http://www.rediscoverdairy.co.za)  
or email: [info@rediscoverdairy.co.za](mailto:info@rediscoverdairy.co.za)

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