

choose Milk as a Sports Drink

An understanding of nutrition and how it affects sports performance is vital to get the most benefit from exercise. An athlete's diet can make a difference to the success of their training programme.

The art of recovery after sport

Optimal nutritional recovery maintains energy levels and limits tissue breakdown, especially during high training loads. Glycogen stores are optimally replenished within one or two hours after exercise has stopped. To ensure effective recovery, milk and flavoured milk can provide you with all the nutrients you need.

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 arrive home!

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 ml) of low-fat yoghurt



700 ml sports drink + 1 energy bar



The composition of milk and flavoured milk makes it an ideal recovery beverage. Milk provides:

CARBOHYDRATES to boost energy, combat fatigue, fill up fuel stores and ensure hydration

POTASSIUM, SODIUM and MAGNESIUM to replace electrolytes lost through sweating

FLUID to prevent heat stress and exhaustion

PROTEIN to help muscles recover

A rich supply of easily absorbed **CALCIUM** to build and maintain strong bones



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 or email: info@rediscoverdairy.co.za

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