

Fuel up with flavoured Milk



During times of high-intensity training, an athlete needs adequate energy intake to maintain body weight, minimise training effects and maintain good overall health. A low energy intake can lead to fatigue and a decreased performance level.

One cup (250 ml) of low-fat milk (2%) typically contains **8 g protein**, **12 g carbohydrates** and **5 g fats**. Flavoured milk typically contains about two teaspoons of added sugar, which provide extra energy and promote quick recovery.

The composition of milk and flavoured milk makes it an ideal **recovery beverage**



Consider fuelling up with milk and flavoured milk to help your body recover after training.

Carbohydrates are the main fuel source for athletes and are generally needed in larger amounts than what is applicable to the general population. Dairy products such as milk, flavoured milk and low-fat flavoured yoghurt are good sources of carbohydrates, which, at the same time, also contribute to the athlete's protein needs.

Athletes require additional protein after exercise to replace broken-down muscle protein and to promote muscle repair and growth. Because dairy products are packed with high-quality protein, they are ideal for post-exercise muscle repair.

For optimal recovery drink 500 ml of flavoured milk after your training session which will provide you with 50 g carbohydrates, 16 g protein, 82% water and all the electrolytes (sodium and potassium) lost through sweat.

flavoured milk

not only tastes great but is certainly the ideal drink after a hard training session.

REMEMBER: Weight-bearing activities such as walking and running improve bone health throughout life.



An initiative by the
Consumer Education Project of Milk SA
For more information on the role of dairy in sport,
please visit our web page at www.rediscoverdairy.co.za
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MODERN athlete
In the March issue:
Full article on
the role of dairy
in sport nutrition.