

# MILK and SPORT

## A winning combination

During training – whether at the gym or on the sports field – your body uses energy to fuel your body and protein to keep your muscles going.

- Milk has the right amounts of carbohydrate and protein to help your body recover more quickly after exercise.
- Milk provides fluids and electrolytes to help you rehydrate after exercise.

## Milk tastes great!

**An ideal beverage to drink after sport**

### WHAT DO YOU NEED AFTER TRAINING?

Drinking a glass of milk or flavoured milk after exercise will help your body recover and prepare for your next activity.

Flavoured milk has added carbohydrates because it is sweetened, which means you get more energy when you need to train harder. You also lose electrolytes through sweat. After training you need to replace the energy, protein and electrolytes your body has used.

### Remember

Milk is convenient and tastes good, especially when served iced cold. Milk contains a mix of nutrients that help you recover and rebuild muscles faster.

Drinking milk or flavoured milk after any physical activity is ideal to replace:

- protein
- carbohydrates
- electrolytes



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[info@dairy.co.za](mailto:info@dairy.co.za)

Tel: 012 991 4164 • Fax: 012 991 0878

An Initiative by the Consumer  
Education Project of Milk SA

