

Chocolate Milk: The "New" Recovery Drink

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The sports drink industry grossed [\\$4 billion in sales in 2011](#) while the energy drink market topped \$9 billion. According to the American Academy of Pediatrics, however, "[energy drinks have no therapeutic effect](#)" because of their high caffeine levels while sports drinks' problems lie in [high levels of sugar and sodium](#).

Now research is starting to show milk to be an affordable and nutritious recovery drink.

In [this 2008 study](#):

A comparison of the effects of milk and a carbohydrate-electrolyte drink on the restoration of fluid balance and exercise capacity in a hot, humid environment

Cyclists who drank milk to recover from 3 hours of cycling **rehydrated much faster** than cyclists using a sports drink, leading the researchers to conclude:

*"...**milk may promote rehydration better than sports drinks** after heat-induced sweat loss with similar or improved outcomes during subsequent performance."*

In [this 2011 study](#):

THE EFFECTS OF LOW FAT CHOCOLATE MILK ON POSTEXERCISE RECOVERY IN COLLEGIATE ATHLETES

Male soccer players drinking **8 ounces of chocolate milk had 33% longer running times to exhaustion** than those drinking 8 ounces of Gatorade (8.31 vs 6.24 minutes), causing the researchers to conclude that:

*"...consuming low fat chocolate **milk between morning and afternoon practices may be as good as [the same amount of Gatorade]** at promoting recovery."*

Finally, [a 2011 study](#) recommending nutrition for Combat Sports athletes concluded that

*"Milk appears to be suitable for ingestion during recovery from resistance exercise and **may be a cheaper and effective alternative** to protein supplements."*

Have a Question About This Newsletter?

Email (PitchingDoc@msn.com) or call (631-352-7654) Dr. Arnold!