



## Why CHOCOLATE MILK for recovery?

The basic strategy is: With the contamination concern around supplements, **milk is the best, safe food source for athlete recovery and development:**

**500ml (boys) or 250ml (girls)** of chocolate milk has all the (BCAA) proteins, carbohydrates and sugars required for an athlete to recover from an intensive training session. Milk also has 50% of the daily requirement of vitamin D for athletes which is essential for growth and development during long dark winter months. Milk is a far more cost effective recovery food source than expensive sport drinks and protein bars.