



Milk 1, sports drink 0

Tom Quaife, Editor | Updated: August 18, 2011

Chalk one up for milk in the ongoing battle between milk, water and sports drinks for superiority when it comes to rehydrating people after physical exercise.

Researchers at McMaster University in Hamilton, Ontario, Canada, have found that milk is best when it comes to rehydrating active children. Their research [was posted on the University web site](#) on Thursday and picked up by *Science Daily*.

"Children become dehydrated during exercise, and it's important they get enough fluids, particularly before going into a second round of a game. Milk is better than either a sports drink or water because it is a source of high quality protein, carbohydrates, calcium and electrolytes," says Brian Timmons, research director of the Child Health and Exercise Medicine Program at McMaster University and principal investigator of the study.

This is the latest in a series of findings that affirm the recuperative properties of milk. See ["More science supports milk's role in exercise recovery."](#)

Greg Miller, executive vice president of research, regulatory and scientific affairs at Dairy Management Inc. and the National Dairy Council, says the McMaster University research replicates previous research out of the United Kingdom that showed milk was better at rehydrating people than water or a carbohydrate sports beverage.

"We don't know the mechanism yet, but we believe that the protein and other dairy components cause the water to be slowly released from the stomach, which would slow absorption — sort of a slow-release mechanism that allows for longer-term retention of the water," Miller says. "When water or a sports drink are consumed, the water is rapidly absorbed. As a result, the kidneys work to remove what it sees as too much.

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