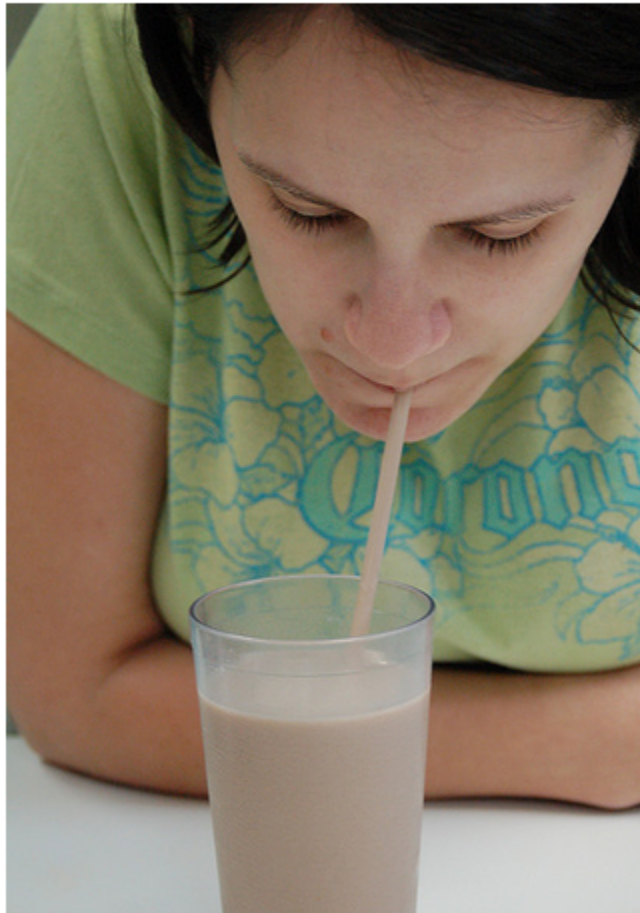


By Ben Bouckley, 23-Dec-2011

June - Low-fat chocolate milk can boost aerobic fitness, researchers find



Two recent studies found that **low-fat chocolate milk was beneficial to muscle recovery and exercise performance**. "Often referred to as 'nature's sports drink', milk can be an effective way to help the body refuel, rehydrate and recover after a workout," said Gregory Miller, president of the US-based Dairy Research Institute.

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