

PREPARED FOODS

► Effective Sports Recovery

If carbohydrates are necessary to restore energy levels in sports recovery to refuel muscles, numerous scientific papers have underlined that proteins are the key ingredient of sports nutrition products. With previous research demonstrating low-fat milk containing proteins has brought about better fluid retention than either a carbohydrate-electrolyte sports drink or water, it was reported that milk proteins could be more effective than carbohydrates at aiding fluid retention after exercise, according to new research.

Besides, an adapted protein intake after physical activity promotes muscle building, thus counteracting muscle damage that occurs during exercising. Refuel&Repair, from Ingredia Nutritional, is a high-protein drink with preserved texture and taste; it features the Nutritional Solutions range Prodiet FLUID protein. Prodiet FLUID technology provides the opportunity to incorporate higher levels of protein in a drink, without increasing its viscosity. In fact, Refuel&Repair is reported to provide 30g of protein in a 250ml bottle, and it retains

its fluidity. Ingredia Nutritional, 419-738-4060, www.ingredia-nutritional.com