

Low-fat chocolate milk best post-exercise

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A glass of chocolate milk.

AUSTIN, Texas, June 2 (UPI) -- Drinking low-fat chocolate milk after a tough workout provides the right mix of carbohydrates and high-quality protein, U.S. researchers found.

Lead researcher John L. Ivy of the University of Texas at Austin says researchers in three related studies compared the recovery benefits of drinking low-fat chocolate milk after exercise to a carbohydrate beverage with the same calories -- similar to a typical sports drink -- and calorie-free beverages.

The study linked drinking low-fat chocolate milk after strenuous exercise to:

-- Improved performance: Trained cyclists had significantly more power and rode faster, shaving about 6 minutes, on average, from their ride time when they recovered with low-fat chocolate milk compared to a carbohydrate sports drink and calorie-free beverage.

-- Quicker exercise adaptation: Compared to those who consumed other recovery drinks, chocolate milk drinkers had twice the improvement in the measure of aerobic fitness and adaptation.

-- Better body composition: Chocolate milk drinkers gained more muscle and lost more fat during training, with a 3-pound lean muscle advantage at the end of the 4.5 weeks compared to athletes who drank a carbohydrate drink.

"Collectively, our research suggests that low-fat chocolate milk -- easily accessible for most athletes -- can improve performance and aid training for trained and amateur athletes faced with tough routines," Ivy said in a statement.

The findings were presented at the American College of Sports Medicine and published in the Journal of Strength and Conditioning Research.

Read more: http://www.upi.com/Health_News/2011/06/02/Low-fat-chocolate-milk-best-post-exercise/UPI-86591307061880/#ixzz1OWEL4TQE