

# Refuel & Recover With Good Nutrition

Ruth Carey, team dietitian for the NBA Portland Trail Blazers, knows that rehydrating and choosing foods and drinks with the right balance of carbs and protein are key to her players' post-workout routine. It's all about **muscle recovery, refueling and rehydration.**



Ruth Carey Tips

## Refuel within 2 hours with...

- Carbs** • to refuel muscles
- Protein** • to help build muscle
- Electrolytes** • to replenish what's lost in sweat
- Fluids** • to help rehydrate the body

## Try This... And Your Body Will Get...

- Lowfat chocolate milk** • The right mix of protein and carbs to help you refuel  
• Fluid and electrolytes to help replenish sweat losses  
• A bonus of bone-strengthening calcium and vitamin D
- Banana with peanut butter** • Protein and vitamin E  
• Carbs to re-energize
- Tuna on whole wheat** • A great protein/carb mini-meal

# REFUEL WITH CHOCOLATE MILK

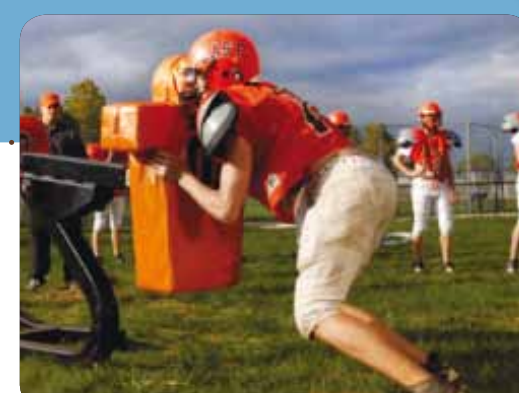


The Workout's Finished. The Body Isn't.  
Rebuild. Rebound. Refuel. With Chocolate Milk.

## The Science Behind Nature's Protein Drink.

### REFUEL TO STAY IN THE GAME

Chocolate milk has the right mix of carbohydrates and protein to help athletes refuel muscles after a workout.

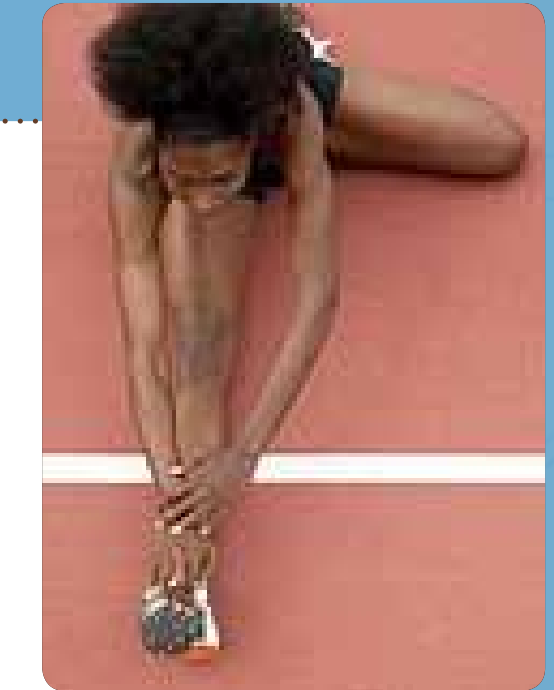


### A MUSCLE BUILDING ADVANTAGE

Milk has high-quality protein to help athletes build and maintain lean muscle.

### HELPING REDUCE MUSCLE DAMAGE

Exercise-induced muscle damage can lead to future impairments in muscle performance—and milk's high-quality protein helps build and repair muscles.



### REPLENISH FLUIDS & ELECTROLYTES

Drinking lowfat chocolate milk after exercise also helps replenish fluids and electrolytes (like calcium, magnesium and potassium) that are lost in sweat.



Don't Get  
Benched



# Recover Like the Pros

It takes hard work, preparation, dedication and determination to achieve athletic success. Chances are much of that takes place *before* a big game or workout.

But what about *after* exercise?

Follow these insider tips to help you refuel and rebound for your next big game—just like the pros.

# Head to [www.bodybymilk.com](http://www.bodybymilk.com)

for a complete look at the recovery research on chocolate milk plus, exclusive NBA videos.



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**REFUEL**  
**WITH CHOCOLATE**  
**MILK**

 **body**  
**by milk. got milk?**

**For more coaching resources, visit [milkdelivers.org](http://milkdelivers.org)**

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