

**REFUEL
WITH CHOCOLATE
MILK**

Make the Assist in Your Teen's Post-Workout Recovery!

Their Workout's Finished but their Body Isn't

As a parent, you know the importance of providing the right foods to fuel your teen's busy routine. But did you know that when it comes to your teen athlete, their post-game recovery routine is just as important as their pre-game prep? In fact, experts suggest there's a two-hour recovery window that is the best time to refuel and rehydrate the body to keep athletes in top shape and help get them back in the game.

To help your teen athlete make the most of their post-workout recovery routine, here are some quick and easy snack ideas from Ruth Carey, RD, CSSD, LD, and sports nutritionist for the NBA Portland Trail Blazers.



Rebuild & Refuel Your Teen With These Post-Workout Snacks:

Turkey and Cheese with Apple Slices and Pretzels

If they're not in the mood for a sandwich, they can skip the bread and eat the fillings on their own! Spread a soft-cheese wedge over two or three slices of lean deli turkey, then roll up for a quick, high-protein, eat-on-the-go snack. Add a sliced apple and some pretzels for some energy-boosting carbs.

Tuna on Whole Wheat

Research shows that a combination of carbs and protein helps you recover after a workout. Tuna over a slice of whole wheat bread is a great protein/carb mini-meal.

Chocolate Milk

Lowfat chocolate milk is a natural protein drink. It contains a mix of carbs and protein to refuel and repair muscles, fluids to rehydrate and electrolytes, including calcium, potassium and magnesium, to replenish what is lost in sweat. It has the added bonus of bone-building nutrients, like calcium, to help maintain strong bones and prevent stress fractures.

Hummus and Pita

Hummus, a dip made from pureed chickpeas, provides both carbs and protein (and it's packed with fiber). Coupled with a whole wheat pita, it's a satisfying snack to fuel your athlete after a hard game.

Banana and Peanut Butter

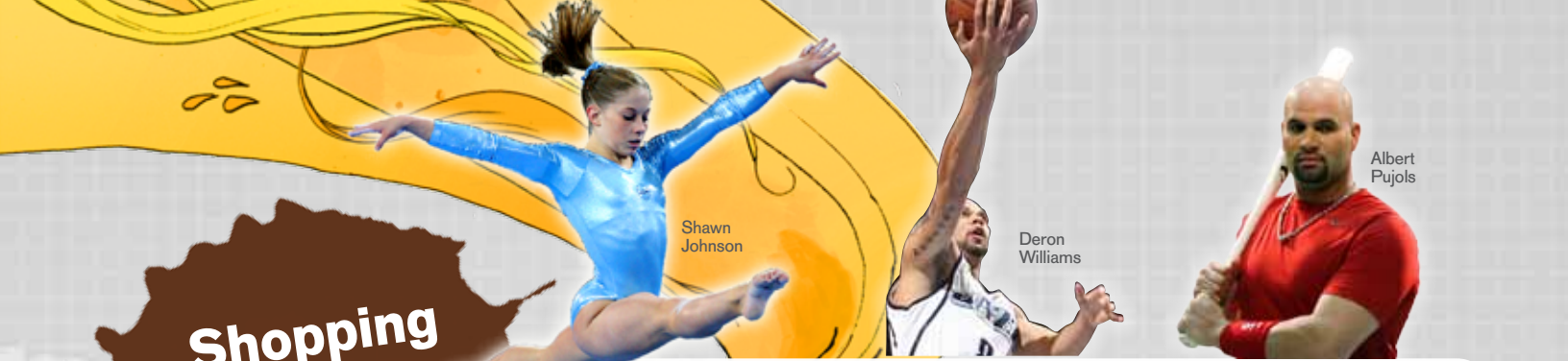
Peanut butter is a good source of protein and vitamin E, while the banana provides the carbohydrates your teen needs to get re-energized.



body
in milk.
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Shawn Johnson

Deron Williams

Albert Pujols

Shopping Guide for Post-Workout Recovery

Your active teen looks to you to provide the proper nutrition guidance at home to stay in top shape. So it's important to stock your fridge with the right foods and beverages that will support their sports nutrition regimen and help keep them performing at their best. Specifically, follow this shopping guide to make your kitchen the ultimate post-workout training table for your active teen.

Choose This...	Instead of This...	And Your Teen Will Get...
Lowfat chocolate milk	Nutrient-void beverages	<ul style="list-style-type: none"> • A naturally protein-rich beverage to help build lean muscle and refuel after strenuous exercise • Nine essential nutrients, including calcium, potassium and magnesium, to replenish what's lost in sweat • Bone-building nutrients, like calcium and vitamin D, to help maintain strong bones and prevent stress fractures
Whole grain bread	White bread	<ul style="list-style-type: none"> • A healthy carb and fiber boost—research shows that a combination of carbs and protein helps the body recover after a workout
Lowfat yogurt and fruit	Toaster pastry/donut	<ul style="list-style-type: none"> • A healthy combination of carbs and protein, along with essential nutrients your active teen needs
Lean meat & lowfat cheese	High fat meats	<ul style="list-style-type: none"> • A lowfat source of protein, to help your active teen build lean muscle

- Lowfat chocolate milk (either single serves or gallon containers along with recyclable cups)
- Trail Mix with dried fruit and mixed nuts
- Bananas and single-serve peanut butter
- String cheese or cheese slices with whole wheat crackers or pretzels
- Pita squares with hummus

Coaches' Post-Game Wish List

Support your teen's sports team by providing their coach with these nutritious post-game snacks and beverages. You and coach, together, can change the team's post-exercise game plan and help keep them performing at their best.

For a complete look at the research on chocolate milk and more tips on how you and your active teen can refuel to stay in the game, visit www.whymilk.com/recovery. Also, encourage your teen to check www.bodybymilk.com/refuel for information on refueling with chocolate milk, workout recovery, their favorite Milk Mustache celebrities and more!



Put your TEEN'S coach in the spotlight for making lowfat chocolate milk a part of his or her recovery routine. Visit whymilk.com/spotlighton to nominate the coach or PE teacher and help them win their very own Milk Mustache ad, plus the chance for your teen's school to win an appearance by a local NBA athlete.