

Research-based takeaways for athletes (and wannabees)

Studies have documented the advantages of dairy products for athletes.

There are two main focus areas, according to researchers at Dairy Management Inc., involving 1) flavored milk and exercise recovery, and 2) dairy protein and muscle benefits.

- **Exercise recovery.** Chocolate milk is well-known for its ability to replenish athletes after a workout. In [a study published in the *Journal of Strength and Conditioning Research*](#), trained cyclists and triathletes who drank chocolate milk after strenuous exercise were able to improve subsequent exercise performance. “This is an important finding for athletes who must train twice a day or compete in multiple events with limited time to recover,” the researchers said. [Another study](#) by the same researchers from the University of Texas, but this time published in the *Journal of Nutrition and Metabolism*, affirmed the value of chocolate milk as an effective post-exercise recovery supplement.
- **Strength training exercise.** Athletes who lift weights, do push-ups or engage in other forms of “resistance training” can get a boost from dairy. Researchers at the University of Connecticut and Boston Children’s Hospital, [writing in the *Journal of the American College of Nutrition*](#), found that daily supplementation with whey protein is more effective than soy protein or isocaloric carbohydrate control in promoting gains in lean body mass among young adults in a supervised resistance-training program. [Another study](#), conducted in Canada and published in the *American Journal of Clinical Nutrition*, found similar results, but with milk rather than whey.