



**BOOSTER CLUB:
BOOST YOUR BOTTOM LINE
WITH CHOCOLATE MILK**

Low fat chocolate milk is nature's sports drink.

Low fat chocolate milk is a great-tasting energy source to refuel and recover your athlete's body. Why? Because low fat chocolate milk contains the ideal carbohydrate to protein ratio to refuel tired muscles and replenish energy.

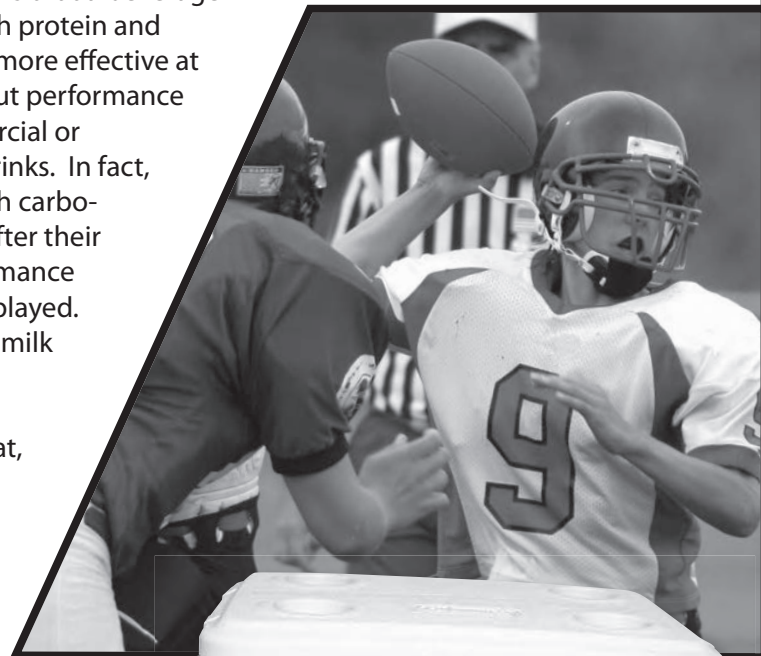
Research shows that a beverage containing both protein and carbohydrate is more effective at improving workout performance than many commercial or specialized sports drinks. In fact, athletes who had both carbohydrates and protein after their workout showed performance gains the next time they played. Drinking low fat chocolate milk within 15-30 minutes post workout not only promotes greater losses of excess body fat, it also promotes muscle mass gains and maximizes overall performance.

**Are you thinking chocolate =
too much sugar?**

You may be surprised to know that in addition to being 90% water, low fat chocolate milk is tried and true. It is the perfect balance of 9 essential nutrients needed for sports recovery. Yes, low fat chocolate milk does have added sugar, but the 2 1/2 teaspoons dwarf the added sugar in popular sports drinks.

**How can the booster club encourage
chocolate milk for their school teams?**

- Sell chocolate milk at concessions
- Sponsor chocolate milk for your sports teams after practice and games by purchasing chocolate milk through school foodservice
- got questions? Contact Mary Andrae at mandrae@wmmb.org



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