

The Chocolate Milk in Your Fridge May Be the Recovery Drink You're Looking For

For National Chocolate Milk Day on Sept. 27, The Dairy Alliance spotlights why the nostalgic favorite is more than a sweet treat

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EINPresswire.com/ -- -- Chocolate milk

has earned its place as a childhood favorite, but there's more to the classic drink than its sweet, chocolate taste. This National Chocolate Milk Day, [The Dairy Alliance](#) is highlighting why the classic beverage deserves a place in the post-workout routine, too. With high-quality protein in every glass, chocolate milk offers a simple way to support recovery after physical activity.



An 8-ounce serving of real dairy chocolate milk provides 8 grams of high-quality protein, including all nine essential amino acids, along with essential nutrients such as calcium, vitamin D and phosphorus. Chocolate milk also provides carbohydrates to help replenish energy and fluids to support hydration after exercise.

Chocolate milk has an approximately 3:1 carbohydrate-to-protein ratio, a combination The Dairy Alliance highlights for supporting energy replenishment and muscle recovery following physical activity. The carbohydrates help replenish energy stores, while the protein supports muscle repair.

For those looking for a post-workout option, The Dairy Alliance recommends enjoying chocolate milk within 30 to 60 minutes after physical activity. And recovery isn't just for athletes. Students heading from class to practice, parents squeezing in a workout or anyone coming off a long day can benefit from convenient nutrition that helps them refuel and keep moving.

Story Behind Chocolate Milk

Ever heard of the great debate, "Where does chocolate milk come from?" Chocolate milk may be a familiar favorite, but some Americans aren't quite as familiar with its origins.

According to a survey conducted by the Innovation Center for U.S. Dairy, 7% of American adults reported believing that chocolate milk comes directly from brown cows, while 48% said they were unsure where chocolate milk originated.

Chocolate milk actually starts with real dairy milk, with cocoa and other ingredients added to create its familiar chocolate flavor. Chocolate milk continues to provide the high-quality protein and 12 other essential nutrients found in dairy milk.

This National Chocolate Milk Day, The Dairy Alliance encourages consumers to enjoy chocolate milk for the taste they know and love while recognizing the nutritional benefits of real milk. From complete, high-quality protein with essential amino acids to calcium, vitamin D, and phosphorus, milk provides nutrients that can support everyday nutrition, strength, and recovery.

To learn more about The Dairy Alliance, visit thedairyalliance.com or @TheDairyAlliance on [Facebook](#) or [Instagram](#).

About The Dairy Alliance

The Dairy Alliance is a nonprofit funded by dairy farm families of the Southeast. We work diligently with dairy farmers, schools, sports teams, health professionals, local organizations, state leaders, the media, and the public to promote dairy foods and knowledge about the dairy industry. Our efforts center in eight states: Alabama, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Tennessee, and Virginia.

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