

Q & A from the Nutrition Seminar on 12/12/17

Q: Why is chocolate milk better than white milk for helping your body recover after a workout?

A: Chocolate milk has the necessary proteins and carbohydrates needed to replenish the fuel in your muscles. The sugar in the chocolate adds additional carbohydrates making the beverage a 4:1 carbohydrate-to-protein ratio, which is optimal for exercise recovery. It also acts as a fluid to help rehydrate after practices/games.

Q: How much water should children this age drink each day?

A: Children should drink approximately six to eight cups of water per day, which is the most common recommendation. This may seem like a lot, but keep in mind this is total water from all sources: water, other drinks, and food. Fruits and vegetables have a very high water content. Try offering orange slices or watermelon after practices/games to help rehydrate.

Q: Is Gatorade or other sports drinks good to drink **AFTER** practice or a game?

A: No. It is best to drink chocolate milk. Sports drinks do not have any protein that your muscles need for after practices/games.

The only time Gatorade or a sports drink is helpful to your body is during practices/games that last more than one hour. In that case, your body does not need it until after the hour mark. The sports drink will add electrolytes to your body and replace energy to help you continue on with practice. The vast majority of the Glenview Stars practices and games are 60-70 minutes long so they typically don't necessitate this type of drink.