



## Milk: a high-performance food

Milk and dairy products play a special role in the diet of high-level athletes, and they are an asset for anyone who practices sport.

### **How does milk apply to high-level sport in France?**

At the French National Institute of Sport and Physical Education (INSEP), a snack that a nutritionist suggests all athletes should eat immediately after sport must include milk or a dairy product. Many scientific studies have shown that milk improves athletes' recuperation when consumed just after training, enabling them to recover their physical and muscular strength more quickly.

### **Tangible benefits, including for people who do sport occasionally**

By drinking milk after a sports session, people who do sport occasionally (one to three times a week) for pleasure or to keep in shape, lose more fat and gain more lean tissue (muscle).

By drinking milk after training, high-level athletes rebuild their glycogen reserves (the body's reserves of energy) faster and better support muscular anabolism (building or repairing damaged muscle).

### **Why milk?**

These benefits are due to milk's intrinsic nutritional features, which are also found in other dairy products: high-quality protein to rebuild muscle, carbohydrate to restore spent energy, water (80-90%) to rehydrate, and a multitude of vitamins and minerals.

### **CNIEL promotes milk among all physically active populations**

The specific importance of milk and other dairy products for physically active people is still relatively unknown. Yet it is a further benefit of milk, in addition to other nutritional features such as calcium content, that confirms the importance of this food in our diets, especially for people who are concerned about their health or watching their figure, or those who have a specific goal for physical performance.

CNIEL therefore widely communicates the benefits of milk after sport among journalists and health professionals.