

## The Many Benefits of Chocolate Milk

Commented [JM1]: Annotate here:

TruMoo Chocolate Milk isn't just a tasty treat to enjoy every now and then. It's a nutritious choice for the whole family, and one that can be served every day.

Nutrition and public health experts agree that milk is an important part of a healthy diet. TruMoo, like regular milk, provides 8 essential nutrients: calcium, protein, vitamins A, D and B12, riboflavin, phosphorus and potassium. Together, these essential nutrients help strengthen bones, build and repair muscles and keep you and your family full and satisfied.

Lowfat chocolate milk is also an effective recovery drink after exercise or sports practice. In fact, chocolate milk post-workout is often referred to as "nature's protein drink" since it contains a perfect ratio of protein and carbohydrates for replenishing tired muscles. Its high water content replaces fluids lost as sweat, while its electrolytes (like sodium and potassium) help to rehydrate.<sup>1</sup>

As an everyday drink choice, TruMoo has significantly less added sugars than that of soft drinks and popular fruit juice drinks. Most of the sugar in TruMoo is lactose, the natural sugar found in all milk, while all of the sugars in nutrient-poor sodas are added sugars. To compare TruMoo Chocolate Milk benefits and your favorite drink, do the [TruMoo Switcheroo!](#)

Still have questions? Check out our [Frequently Asked Questions](#) or [contact us](#) & we'll gladly help you find the information you want!

<http://www.trumoo.com/nutrition/benefits/>

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<sup>1</sup> Reference: \*Karp et al. Int J of Sport Nutrition and Ex Metab 2006; 16:78-91.