



Mixing and matching your favorite dairy foods with whole grain breads, pastas and cereals can be part of a winning game plan. Simple, affordable and great-tasting, dairy foods can boost energy, recovery, and overall health—helping you reach your peak performance!

PROTEIN IN DAIRY FOODS

Dairy Food	Grams of Protein*
1 cup (8 oz.) chocolate milk	8
1 cup (8 oz.) milk	8
1 cup (8 oz.) yogurt	11
1 cup (8 oz.) Greek yogurt	24
½ cup cottage cheese	11
1 string cheese	7

*Listed nutrient content is average amount. Always check product labels for amounts, as brands may vary.



TheNutritionEducationPeople

www.stldairycouncil.org

©2020 St. Louis District Dairy Council

REACH
PEAK
 PERFORMANCE
 WITH THE POWER OF
DAIRY





Good nutrition is key to great performance. Did you know that game time is not the only time that healthy food choices matter? Fueling with nutritious foods **BEFORE** games/workouts helps to keep blood sugar steady and tops off energy stores (glycogen) so you can "go the distance." **AFTER** games/workouts, carbohydrates help rebuild glycogen stores, while protein helps prevent muscle breakdown, so your body is ready for the next workout.



The dairy case is full of quick-fix snacks that power both activity **AND** recovery. Foods like flavored milk, string cheese and yogurt offer energizing carbohydrates and muscle-building protein. Plus, dairy protein is **HIGH-QUALITY PROTEIN**. That means it has all the amino acids your body needs, in the right amounts. On top of that, dairy foods provide nutrients to strengthen bones, hydrate cells, and replace electrolytes.



POWER MEALS:

Try these easy-to-assemble carbohydrate and protein combos 3-4 hours before activity.

- Veggie, cheese and chicken quesadilla
- Burrito bowl with rice, meat (chicken/pork/beef) beans, veggies, sour cream, and cheese
- Turkey and provolone panini
- Whole grain pasta with meatballs and alfredo sauce
- Turkey chili with shredded cheddar cheese
- Whole grain wrap with turkey/ham/beef, cheese, lettuce and tomato
- Scrambled eggs with shredded cheese, diced veggies, whole wheat toast and mixed fruit
- Grilled apple and cheddar cheese sandwich

SIMPLE SNACKS FOR SUPER RECOVERY:

Ideal to enjoy within 1 hour of finishing activity.

- Instant oatmeal made with low-fat milk
- Baked potato topped with shredded cheese
- Greek yogurt with granola and blueberries
- Pretzels with cheese cubes
- Chocolate milk and a handful of almonds
- Sliced cheese with whole grain crackers and a banana
- Cottage cheese with fresh strawberries
- String cheese with grapes

REFRESH/REFUEL WITH SMOOTHIES:

within 30 minutes of finishing a workout or any time of the day! Smoothies offer quick recovery with little prep time. Blend your own for a protein-packed recovery beverage customized to your taste.



Step 1: Start with a strong base: Choose dairy as a smoothie base for high-quality protein for muscles and nutrients for healthy bones, brains and hearts. **8 ounces of milk + 4 ounces of Greek yogurt starts you off with about 20 grams (g) of protein.**

Step 2: Customize: Select your favorite add-ins to take the nutrition to the next level. Stir in the any of the following to amp up the nutrition:

- **2 Tbsp. peanut butter:** adds 8g protein and healthy fats
- **2 Tbsp. chia seeds:** adds 4g protein, healthy fats and fiber
- **½ avocado:** adds Vitamin K, healthy fats and fiber
- **1 small banana:** adds Vitamin B6, potassium and fiber
- **½ cup berries:** adds antioxidants and fiber
- **1 cup fresh spinach:** adds Vitamin A, Vitamin C, Vitamin K, iron and fiber