

The truth about chocolate milk

Great for after a workout, but not as a lifestyle choice. *by Dr. Susan Maples*

Most of us love a cold glass of chocolate milk. That's why it is music to our ears to hear that several recent studies recommend chocolate milk over sports drinks as a way to replenish your energy after a strenuous workout. After all, this delicious option has the perfect four-to-one carb-to-protein ratio that our body craves after an hour or more of high-intensity exercise. Rather than consume a chemical storm in a sports or energy drink, let's applaud an elixir that's packed with natural micronutrients and our favorite ingredient... chocolate!

WAIT! Would you feel different if you realized that a 14 oz glass of chocolate milk has almost 48 grams, or almost 10 teaspoons, of sugar? That's more than a 14 oz glass of Coke (46 grams)? Yikes! This sugar rush spikes an insulin response which transports the sugar into fat cells—including those surrounding our



vital organs. This insulin spike predisposes us to type 2 diabetes. The CDC suggests that one in three Americans will be diabetic by 2050.

Meanwhile, the chocolate milk message is reaching far and wide, offering post-work-out advice to casual exercisers and sports programs galore. In a culture where obesity is linked to the majority of illness and death (such as heart disease, heart attack, stroke, type 2 diabetes, COPD, sleep apnea, etc.), upping the consumption of a high calorie sugary

drink after a small workout just doesn't make sense.

Take insulin sensitivity for example, which helps to reverse the progression toward diabetes. Researchers at University of Massachusetts at Amherst found that after burning 500 calories during moderate exercise, overweight individuals improved their insulin sensitivity by avoiding a sports drink replenishment, versus those who indulged and had no improvement.

So if you want a quick boost after your two-hour training run, enjoy your chocolate milk. If you're trying to lose weight or gain health in your vital organs, you're much better off drinking water to replenish your body.



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