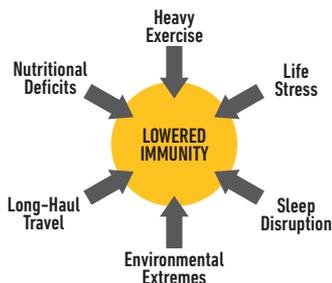


LEARN FROM THE PROS: DAIRY FOR ATHLETIC PERFORMANCE AND RECOVERY

Whether you're working with professional or recreational athletes, dairy can help maximize their athletic performance and promote recovery. Your athletes may have questions or hold misperceptions about dairy products, so get them the facts with help from a professional football Athletic Trainer and team Dietitian.

DAIRY AND IMMUNE FUNCTION



Athletes face unique challenges to maintaining a normal immune system.¹

Did You Know?

Avoiding milk and other dairy foods is not recommended as a means to improve immune function.

Vitamins A, D, B12

Zinc

High-Quality Protein

Selenium

Probiotics

Both low- and whole-fat dairy products should be part of an athlete's plate because they provide key nutrients and substances involved in immune function.²

TIPS FOR THE LACTOSE INTOLERANT ATHLETE

Remember:

Athletes who are lactose intolerant can still get the benefits of real dairy products. Being flexible with food and beverage choices by selecting natural low-lactose and lactose-free options can help manage lactose intolerance and provide the nutrients that active bodies need.



LOW OR LACTOSE-FREE COW'S MILK PRODUCTS

NATURAL HARD CHEESES

YOGURT



DUSTIN LITTLE, ATC, PT, DPT, CSCS
HEAD ATHLETIC TRAINER
SAN FRANCISCO 49ERS

Help your athletes understand that going dairy-free could unintentionally be counter-effective for their performance and recovery. Before they eliminate dairy, encourage them to:

1. Be properly tested for lactose intolerance by a physician
2. Work with a sports dietitian if available

CHRONIC INFLAMMATION



What is it?

A constant state of low-grade inflammation in response to various factors including but not limited to:

- Untreated injury
- Nutrient deficiencies
- Poor quality sleep
- Psychosocial stress
- Repeated exercise or overtraining



How Dairy May Help

In both observational and clinical studies, eating the recommended amount of dairy foods as part of a nutrient-dense eating plan:³

- Is linked with reduced chronic low-grade inflammation
- Shows no adverse effects on chronic inflammation markers

Remind Your Athletes:

Combating chronic inflammation involves more than individual nutrients or foods.

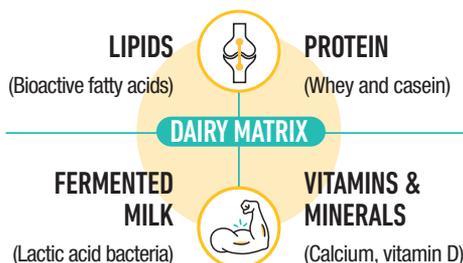
FUNCTIONAL BENEFITS OF THE DAIRY MATRIX

What is it?

A new approach to understanding how the unique mix of nutrients and bioactive compounds in dairy products combine to benefit health.

Research Suggests.....

That the dairy matrix has performance and recovery benefits beyond the individual supplementation of the same nutrients on bone and muscle health.^{4,5}



Why is it important?

- Athletes do not eat single nutrients, they eat whole foods as part of snacks, meals and dietary patterns.
- If you talk to your athletes about nutrition, use the dairy matrix concept to remind them that eating whole foods, such as dairy products, is an important way to establish practical eating habits, while optimizing their health, performance and recovery.

Visit realcaliforniamilk.com for a training table handout, and performance and recovery recipes to help inform the care of your athletes.

Real California milk, yogurt, cheese, and cottage cheese products are made with milk produced by California's dairy farm families using the nation's leading sustainability practices.

1. Walsh NP. Recommendations to maintain immune health in athletes. *Eur J Sport Sci*. 2018;18(6):820-831.
 2. The Magic of Milk for Your Athletes. National Dairy Council website. <https://www.usdairy.com/news-articles/the-magic-of-milk-for-your-athletes>. Accessed July 23, 2020.
 3. Miller G. Is Chronic Inflammation The New Cholesterol? National Dairy Council website. <https://www.usdairy.com/news-articles/is-chronic-inflammation-the-new-cholesterol>. Updated January 21, 2015. Accessed June 24, 2020.
 4. Thorning TK, et al. Whole dairy matrix or single nutrients in assessment of health effects: Current evidence and knowledge gaps. *Am J Clin Nutr*. 2017;105(5):1033-1045.
 5. Geiker NRW, et al. Impact of whole dairy matrix on musculoskeletal health and aging-current knowledge and research gaps. *Osteoporos Int*. 2020;31(4):601-615.

