

Sports Nutrition Summit Examines The Dietary Needs Of Active People

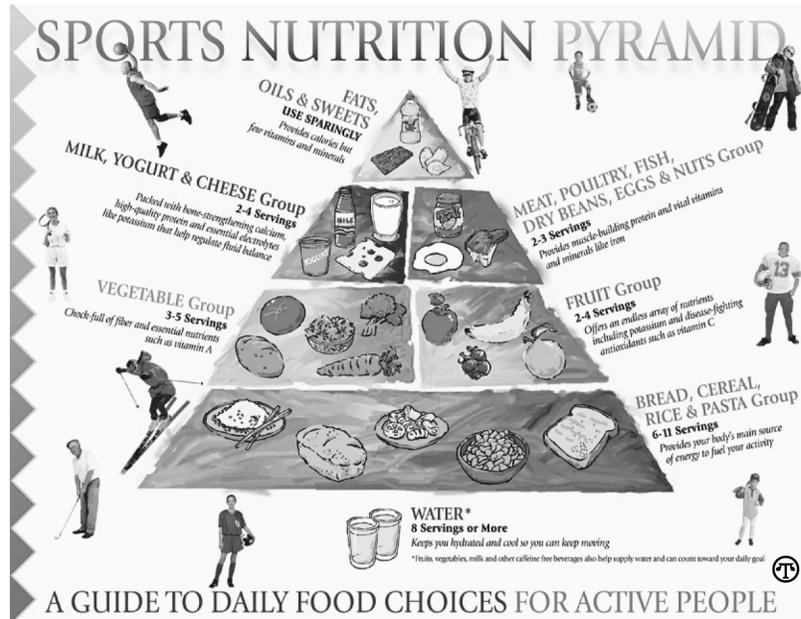
(NAPS)—Several of the nation's leading sports nutrition experts gathered at Disney's Wide World of Sports™ complex in January for the "got milk?" Sports Nutrition Summit to educate Americans about the dietary challenges that active people of all ages face and the importance of nutrient-dense foods to help provide the energy needed for physical activity. The experts agree: milk should be part of every training table.

Nine groups, including the National Institute of Child Health and Human Development (NICHD), the American College of Sports Medicine and the American Medical Athletic Association have joined a coalition in support of milk's essential role in a healthy diet.

Speakers at the Summit included Nancy Clark, MS, RD, author of the best-selling *Nancy Clark's Sports Nutrition Guidebook, SECOND EDITION* and Rulon Gardner, Olympic hero and gold-medalist in Greco-Roman wrestling, as well as the latest athlete to don a milk mustache in the popular "got milk?" campaign. They addressed topics including the importance of hydration and the role that calcium plays in helping keep bones strong for activity.

"Lowfat milk is a perfect beverage choice to help fuel any athletic activity or workout," said Clark. "Whether you're six or sixty, if you're active you need bone-strengthening calcium and muscle-building protein, which can be found in a glass of lowfat milk. Most athletes know that lowfat milk is a great source of calcium, but many don't realize that lowfat milk is also a good source for eight other essential vitamins and minerals."

Sports Nutrition Food Guide Pyramid Helps Athletes Choose Power Packed Foods



To help people learn to eat for physical activity, the expert coalition unveiled a new Sports Nutrition Food Guide Pyramid. A key component of the new Pyramid is two to four servings of milk or other dairy products per day, which can help provide the daily calcium recommendation for adults set by the National Academy of Sciences at 1,000 mg, or the equivalent of about three glasses of milk.

Unlike other popular beverages, milk provides a complete nutrition package that helps active people stay strong and fit.

- The carbohydrates in milk provide the energy needed to sustain activity and the protein helps keep muscles going.

- An 8-ounce glass of milk also provides nearly 300 mg of bone-building calcium, which may play a role in promoting normal blood pressure, an important element in an active lifestyle.

- Milk's potassium helps regulate the balance of fluids in your body throughout the day. Fluid

balance is essential during a sweat-inducing workout.

- Vitamin B-12 helps build the red blood cells that carry oxygen from the lungs to working muscles.

Rulon Gardner Sports The Milk Mustache

One athlete who knows the value of milk is Olympic champion Rulon Gardner, who led the Summit attendees in toasting the new pyramid with an ice-cold glass of milk. The Greco-Roman wrestler and Wyoming dairy farmer who captured the gold medal and hearts of millions at the Summer Olympics in Sydney is the latest athlete to don a milk mustache. Gardner's milk mustache ad made its debut in *Sports Illustrated's* year-end "Sportsman of the Year" issue.

"Long hours of training helped me win an Olympic gold medal, but endurance was critical," said Gardner. "I wouldn't have made it through training and the match without the right fuel in my tank. Milk was a key part of my training diet."