

Chocolate Milk is Good, And Good for You

By Xavier

For years, people have been arguing about whether or not chocolate milk is good for you. Some people think it's bad because of the sugar and fat in the milk, but research shows that chocolate milk is actually good for you. It helps your body fend off fat, it has nutrients that your body needs, and it gives you energy, especially after exercising. Chocolate milk is good for your body.

Chocolate milk helps your body fend off fat. Researchers at Penn State have been studying how cocoa makes the fat from chocolate milk break down. They have found that the cocoa makes the fat in chocolate milk break down in our bodies before it has time to be absorbed. "Compounds in cocoa inhibit the activity of the pancreatic lipase enzyme," says researcher Josh Lambert, which stops the body from digesting the fat. That means that chocolate milk helps your body fend off fat that it doesn't need. This means that you don't gain a lot of weight after drinking chocolate milk.

Chocolate milk has nutrients that are good for your body. This is important because the nutrients it has are the

nutrients that you don't get enough of, and the nutrients that your body needs the most. Chocolate milk has nine nutrients that your body needs: protein, calcium, vitamins A, B2, B3, B12, and D, phosphorous and potassium.

Researcher and Medical Doctor Keith Ayoob says, "Removing nutrient-rich chocolate milk creates unintended consequences for kids' nutrition." They won't get enough of the missing nutrients in chocolate milk, and they might drink soda or other drinks that have way more sugar and calories and less nutrients.

Also, 71% of parents agree that drinking chocolate milk is a perfect way to give kids nutrients. They think that if you take chocolate milk away, then kids won't get the nutrients that are critical to their bodies. Chocolate milk gives you nutrients that your body needs.

Chocolate milk is a great way to give you energy. After you drink it, your muscles refuel with the protein, and you can exercise more and longer after you drink it. "Protein is instrumental in rebuilding muscle damaged from a tough workout," says Jill Barker of the Montreal Gazette. A lot of people agree, and even pro athletes are drinking chocolate milk after their workouts.

"Small exercise studies have found that chocolate milk can help boost endurance after intense workouts," says

reporter Allison Aubrey of NPR. This means it gives you energy. Laboratory testing has shown more than once that athletes get more energy for a longer period of time from drinking chocolate milk compared to Gatorade.

"I think in years past, you would have been a little bit strange if you drank chocolate milk immediately after a run. But now it's absolutely mainstream," says runner Dan DiFonzo. This is important not only because it helps top athletes, but it can also help active people, and could become one of the top sports drinks in the world.

Some people think chocolate milk isn't good for your body because it has too much sugar. British celebrity TV chef Jamie Oliver even appeared on *Jimmy Kimmel Live!* to try to show that chocolate milk is pretty much soda because of all the sugar it has. However, most of the sugar in chocolate milk is natural, not added. While the added sugar is not necessarily good for you, the cocoa helps your body fend off the fat and use the protein so you don't gain as much weight compared to drinking Gatorade or other sports drinks.

Chocolate milk is healthy, and it helps your body. You don't gain a lot of weight from it, it has nutrients that are really important, and it gives your muscles energy so you can rebuild your muscle strength and continue to perform really well.

Chocolate milk could grow to be one of the healthiest drinks in the world - if it isn't already!