THE ROLE OF MILK IN A DIETARY STRATEGY TO INCREASE MUSCLE MASS AND IMPROVE RECOVERY

Reference: K. Reid, IJSNEM, 2015

CASE STUDY

19 year-old male elite Sprint Kayaker

Prior to the intervention
Daily energy intake
13.6 ± 2.5 MJ
Protein 1.8 g/kg
Carbohydrate 3.6 g/kg

Unable to eat sufficient food to meet the energy demands of training

18 month intervention period

Daily energy intake increased to 22.1 ± 3.8 MJ

By including milk based drinks pre and post-training and before bed and an additional carbohydrate based snack mid-morning

Protein 3.2 g/kg
Carbohydrate 7.7 g/kg

1. Increase of 10 kg body mass with minimal change in body fat %
2. Adequate vitamin D status without the need for supplementation
3. Milk based drinks and carbohydrate snacks were easy to consume and no adverse side effects were experienced
4. This was the first time the athlete has been able to maintain weight during intensive phases of the training cycle