

(1) Sub heading: Benefits of chocolate milk

Chocolate milk has schools raging in debate but, many say chocolate milk has and will benefit kids/students. The most ~~strongest~~ ~~say~~ say that chocolate milk is an effective, recovery drink after any physical activity. Dan DiFonzo, marathon runner says "I think 10 years ago, you would have kept a little bit strained if you drank chocolate milk immediately after a run, but now it's absolutely mainstream." This clearly shows how this benefits kids, and adults. Kids drink chocolate milk after P.E/gym class will help them get protein and carbohydrates to replenish their tired muscles. Expert school nurse, ~~says that "the~~ ~~fact of the matter is~~ ~~all milk has~~ ~~and contains a certain amount of~~ ~~chocolate~~ ~~milk has"~~ says that "I think chocolate milk should be allowed." New kind of chocolate milk has 130 calories, 22 grams of sugar. This shows that chocolate does not lead to obesity since it has a low amount of sugar. Expert KATH Ayoob said "flavored milk is less sugary and less calories."