



News Release

Ohio High School Athletic Association
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CHOCOLATE MILK NAMED OFFICIAL BEVERAGE OF OHIO HIGH SCHOOL SPORTS

COLUMBUS, Ohio – The Ohio High School Athletic Association (OHSAA) and American Dairy Association Mideast (ADA) are pleased to announce chocolate milk as the Official Beverage of the OHSAA. This unique partnership provides an opportunity for the OHSAA and ADA to promote a healthy lifestyle, which includes enjoying three servings of dairy each day as recommended by the U.S. Dietary Guidelines for Americans.

Beginning this fall, ADA's "Refuel with Chocolate Milk" campaign will be featured at OHSAA Championship events. Chocolate milk is an ideal beverage for student athletes to drink because it provides the nutrition needed after sporting events and practices, including:

- Carbohydrates to provide energy and help refuel muscles
- Protein to support growth and repair of muscles
- Fluid and electrolytes to re-hydrate
- Vitamins and minerals to help build strong bones and bodies

For more information please go to www.drink-milk.com or www.ohsaa.org.

About OHSAA

The Ohio High School Athletic Association is the governing body of interscholastic sports in Ohio. It is a voluntary, non-profit organization which governs more than 830 high schools and 800 middle schools, which serve more than 350,000 student-athletes. The OHSAA's mission is to regulate and administer interscholastic competition in a fair and equitable manner while promoting the values of participation in interscholastic athletics as an integral part of a student's educational experience.

About American Dairy Association Mideast

American Dairy Association Mideast is a regional dairy promotion organization funded by approximately 3,500 dairy farmers in Ohio and West Virginia. ADA is dedicated to improving the nutritional status of the community and serves as the local affiliate of the National Dairy Council, a leader in dairy nutrition research, education and communication since 1915.

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