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Thread: [\[urgent\] can i drink milk after training?](#)

Account of the Gods - February 7, 2018, 12:11 pm

i think its disallowed to mix protein/carbo shakes with milk after training. but i lost link to that article.

So can I drink milk after training or not? not in shaker, just cup of milk

JeremyBTC - February 7, 2018, 2:49 pm

Of course you can, what dumb article did you read?

Walter Sherman - February 7, 2018, 2:50 pm

Yeah I don't see why you couldn't.

Daiwa - February 7, 2018, 2:51 pm

If you're the type to throw up I can see you not wanting to, but if you're not I see no reason.

Tat Tvam Asi - February 7, 2018, 3:37 pm

There are plenty of others reason not to drink milk, however.

frostbite - February 7, 2018, 6:17 pm

Milk is for baby's!! Just kidding, as long as you don't have digestive issues with it. You'll be fine.

Time? - February 7, 2018, 6:22 pm

Chocolate milk in particular is actually really good for you after training.

Source:

<https://www.fitnessmagazine.com/recipes/healthy-eating/superfoods/chocolate-milk-after-workout/>

WRX - February 7, 2018, 6:26 pm

I would drink it right after training. I would wait for your heart rate to return to normal levels. This will prevent you from throwing up