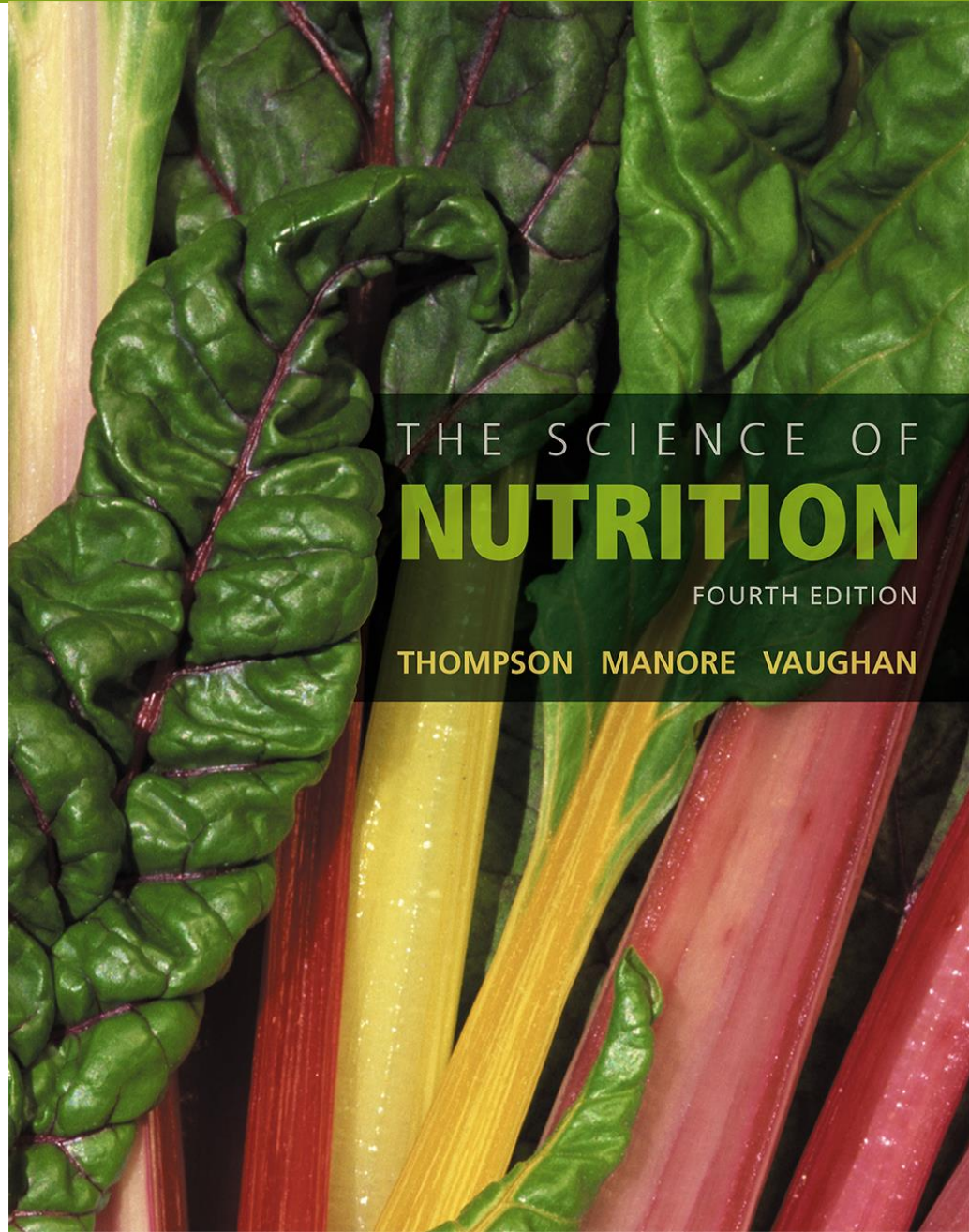
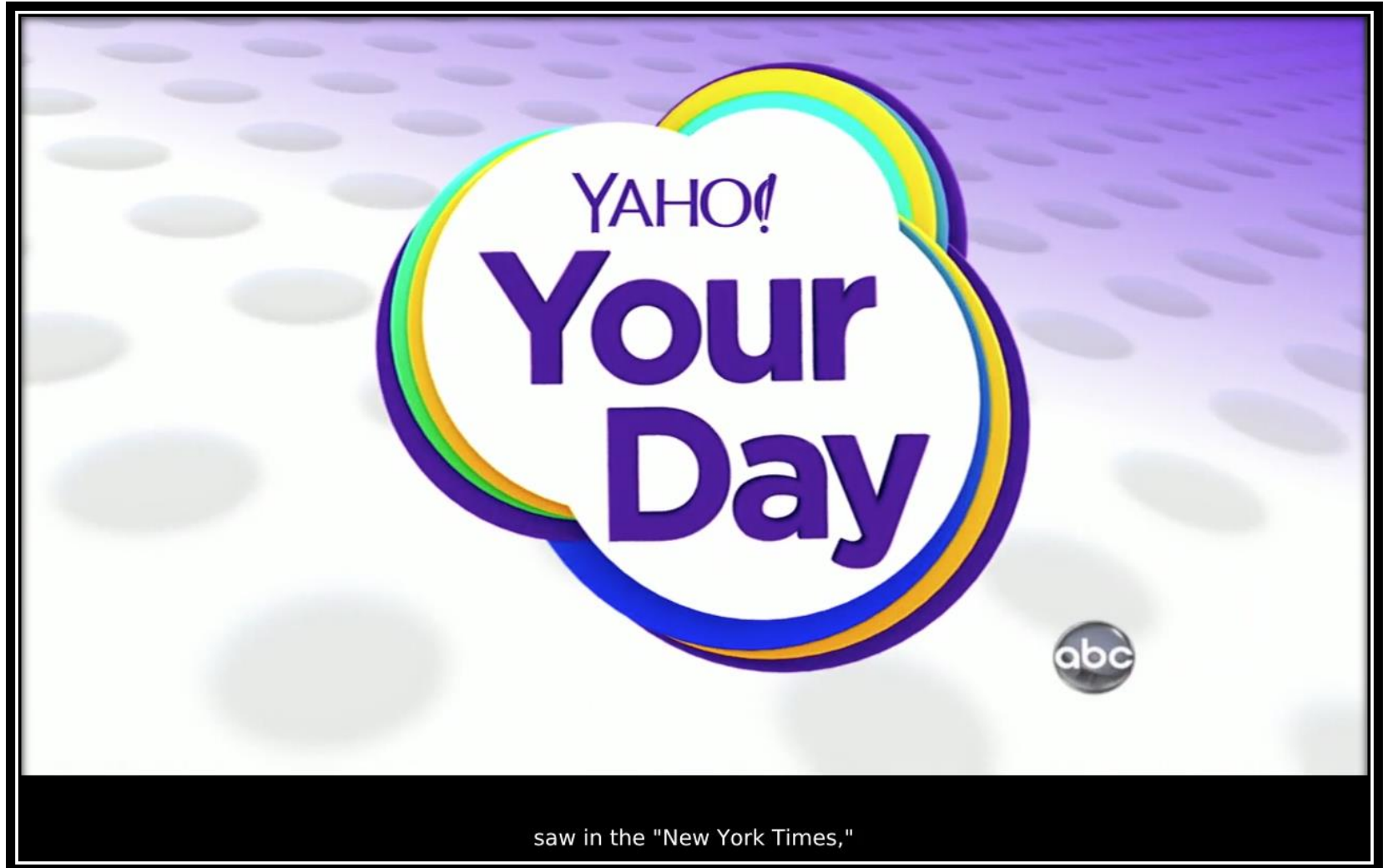


## Chapter 7: Metabolism: From Food to Life



# ABC News Video: Could Chocolate Milk be the Perfect Post-Workout Drink?



saw in the "New York Times,"