

Continued exercise training has been shown to reduce systemic inflammation; this positive benefit of exercise may be further bolstered by post-exercise nutrition. Greek yogurt contains many anti-inflammatory constituents and provides high quality carbohydrates and protein to support recovery from exercise. We wanted to investigate how 12-weeks of resistance exercise training with either Greek yogurt or carbohydrate pudding supplementation influenced resting systemic inflammation. Following 12-weeks of training, Greek yogurt supplementation reduced pro-inflammatory IL-6 (from week 1, tested after 3 bouts of exercise) and mitigated a rise in pro-inflammatory TNF-alpha that was observed with carbohydrate pudding supplementation. Overall, these results indicate that Greek yogurt supplementation during exercise training may reduce systemic inflammation more than carbohydrate supplementation during exercise training.