



Smashing the Myths of Sports Drinks

MYTHS	FACTS
<p>Water is the best fluid replacement during activity</p>	<p>While water is good, it has its own limitations!</p> <ul style="list-style-type: none"> • Water lacks electrolytes and carbohydrate energy that athletes need for optimal performance • Water turns off thirst before complete re-hydration takes place • Water does not have flavor to encourage drinking
<p>Sports drinks are all the same</p>	<p>The formula matters a lot!</p> <ul style="list-style-type: none"> • Too much carbohydrate slows fluid absorption • A blend of simple carbohydrates (i.e. sucrose, glucose and fructose) • Sodium in a sports drink enhances hydration • Taste and flavor matters and encourages proper hydration during exercise.
<p>Sports drinks are high in calories and sugar</p>	<p>Sports drinks have about HALF the calories and sugar of fruit juice or regular soft drinks!</p> <p><u>8 oz. Gatorade:</u> 50 calories 14 grams carbohydrates</p> <p><u>8 oz. fruit juice or regular soda</u> 100-110 calories 27 grams of carbohydrates</p>
<p>Sports drinks are only for events lasting more than 60 minutes</p>	<p>It's not about time!</p> <ul style="list-style-type: none"> • Sports drinks provide benefits over water during VIGOROUS exercise, even during bouts lasting less than 60 minutes, especially in hot and humid weather. • Sports drinks are great for endurance sports such as football, basketball, soccer, tennis and hockey.

HYDRATION AND FLUID REPLACEMENT SPORTS DRINKS:
 Choose a sports drink not too high in sugar to avoid gastrointestinal discomfort and dehydration
 (5-8% carbohydrates maximum)

110-110 mg. Sodium 30 mg. Potassium Non-Carbonated Non-Caffeinated
 Magnesium, if possible Most effective when used during sport
 Avoid just fructose drinks, try a Sucrose+Glucose+Fructose combination
 Chilled liquids are more easily absorbed

SUGGESTED SPORTS DRINKS:
 Water
 Gatorade
 Diluted Fruit Juice

Sports Drink Recipes

Sunshine Refresher

Yield: 2 Servings (about 12 ounces each)

1 cup (8 ounces) plain or vanilla yogurt
½ cup milk, skim or low fat
½ cup orange juice
8 ice cubes
1 tablespoon honey, sugar or sweetener as desired.

1. Combine all ingredients in a blender.
2. Whip until smooth and frothy.

Total calories: 250

125 per serving

Protein: 6 g

CHO: 25 g

Orange Pineapple Delight

Yield: 1 Serving

½ cup orange juice
½ cup pineapple juice
1 medium banana, cut into chunks
Optional: 4 ice cubes or ½ cup seltzer

1. Combine juices and banana in a blender.
2. Cover and blend at high speed until smooth and thick (about 1 minute).
3. Serve over ice or blend the ice cubes into the juice for a frosty drink. Add seltzer for a sparkling treat.

Homemade Gingerale

Yield: 4 Servings

2 tablespoons fresh ginger root, chopped
2 lemon rinds
3-4 tablespoons honey or other sweetener to taste
1 cup boiling water
1 quart seltzer

1. Put the chopped ginger and lemon rinds in a small bowl with the honey.
2. Pour in 1 cup of boiling water (or just enough to cover). Let steep for 5 minutes.
3. Strain and chill.
4. When ready to serve, add the seltzer water.