

NUTRITION – DID YOU KNOW?

DO YOU NEED A SPORTS DRINK...MAYBE

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As the weather becomes warmer, it becomes increasingly important to stay hydrated. Many of us, including children, are more active during the summer months. The big question is, “are sports drinks necessary”? Plain water is still the MVP for hydrating your body and is the beverage of choice recommended by sports nutrition experts. But sometimes, water doesn’t cut it.

Sports drinks are designed to replenish fluids, electrolytes, and glucose (sugar) that we lose through sweat during intense exercise.

The amount of glucose and electrolytes you need are dependent on several factors, including the intensity and duration of your exercise, as well as the amount of fluid you lose through sweat. In general, you need to exercise for more than 60 minutes before you need a sports drink.

Electrolytes are minerals in the body that maintain fluid balance. These include calcium, magnesium, potassium, and sodium.

UNDERSTANDING SPORTS DRINK LABELS

It is important to look carefully at the sports drink label. Common ingredients you may want to avoid:

- Food coloring, like Red 40
- Artificial sweeteners

Also, look at the amount and source of added sugar listed on the label. Additional carbohydrate may be necessary to replace glycogen stores during high intensity, endurance type activity but **don’t overestimate your energy expenditure and consume more sugar than you need.**

RECOMMENDED SPORTS DRINKS

FOR THE RECREATIONAL EXERCISER OR CHILDREN: **SMARTWATER.**

It is **a vapor-distilled water with added electrolytes and lightly infused fruit flavors.** It contains no added sugar, coloring or preservatives, only electrolytes and natural flavors for taste. Smartwater provides rapid hydration with a clean taste that appeals to many. The downside is the cost but it is now available in less expensive, recyclable cans.



FOR MODERATE TO INTENSE EXERCISE: **SKRATCH LABS HYDRATION DRINK MIX**

It is highly rated due to its flavor, quality ingredients, and balance of carbohydrates and electrolytes to support your workouts. It also contains smaller amounts of other electrolytes, including potassium, calcium, and magnesium. The downside is the amount of added sugar included for intense, prolonged activity, which is probably not needed by the casual exerciser.

One scoop contains 80 calories, 21 grams of carbohydrates, and 380 milligrams of sodium to help refuel and rehydrate faster



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