Take A Peek Inside Your Favorite Sports Drink

US dietary guidelines advise people to limit added sugar to less than 10% of their daily calorie intake.



Powerade: Mountain berry blast (200z)-35 gms. added sugar

9 tsp. Sugar

140 Calories, Sodium: 10%, Potassium: 2%, Additives, Artificial Flavors & colors



Gatorade: Orange (20 oz)- 34 gms. added sugar

130 Calories, Sodium:11%, potassium:2%, Additives, Artificial Flavors & Colors

8 tsp. sugar

8.5 tsp sugar



Vitamin Water: Revive (20 oz) - Fruit punch 32 grams added sugar

Salahalahalahala

120 Calories, Potassium: 25% Vitamin C, B, Niacin: 100% Added Flavors & Colors

Artificial sweeteners (100-200 times sweeter than regular sugar)

Propel: Flavored electrolytes (20 oz) - O calories

O calories, Sodium:10%, Potassium:2%, Vit C, B & E. Food Additives and Flavor

Water or sports drink?

our body is good at maintaining proper fluid levels during moderate

Water and/or nutritious food is enough for rehydrating and refueling.

Excess calories & sugar may lead to weight gain & tooth decay.

Athletes engaged in high intensity or endurance workouts lasting longer from a specialized drink. E.g.: Team sports.

The majority of these drinks are Sugar (2nd ingredient), Water (1st ingrd.) and Salts.

A single bottle of a sports drink contains more than half of the recommended added sugars for Americans.

Quench You Thirst With Less Added Sugar:



Water

Sugar - 0%

For a boost of flavor add a splash of 100% fruit juice or slices of citrus and berries

For fizz try adding sparkling water or seltzer.

Carry a refillable water bottle



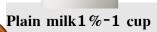
Coconut Water

Calories - 30 Natural sugar – 7 gm Sodium - 5% Potassium - 15%



What to look for while choosing drinks?

- Lower amount of naturally occurring sugar



Calories - 103 Added Sugar -0% Sodium - 4% Potassium - 10 % Calcium - 30%

Protein - 16 % Vit -A,D,B



Calories - 70 Added sugar - 0% Sodium- 0%

Potassium – 7% Vitamin C – 50%

Protein - 1 gm

Make your own **Sports Drink**



Orange sports drink: Combine 4 ounces of 100% orange juice with 8 ounces of coconut water and a pinch of sea salt.

Strawberry sports drink: Combine 4-5 frozen strawberries, 12 ounces of coconut water, a drizzle of honey (1 tsp.) and a pinch of salt

Lemon sports drink: Combine juice of ½ lemon with drizzle of honey and pinch of salt.

Calories-80 No added sugar Sodium- 3% Potassium- 10% Calcium- 30%

Protein- 14%(7gm) Vit - A,B,C,D

Unsweetened Soymilk-1 cup

A Closer Look at the Ingredients in Sport Drinks

The American Academy of Pediatrics Association recommends that children drink water instead of sports drinks.



Nutrition Facts Serving Size 1 Bottle (591 mL) Amount Per Serving	Remember there may be more than one serving in a bottle
Calories 130 %Daily Value*	
Total Fat 0g	Electrolytes are just salts and minerals. Kids can get
Potassium 75mg 2%	these electrolytes by eating a healthy diet.
Total Carbohydrate 34g 11% Sugars 34g	
Protein 0g	One bottle contains at least 8 teaspoon of sugar –
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium, and iron.	as much as 13 Hershey kisses.
*Percent Daily Values are based on a 2,000 calone diet.	35
WATER, SUGAR, DEXTROSE, CITRIC ACID, SALT, SODIUM CITA VATURAL FLAVOR,	They do not contain any fruit juice
MONOPOTASSIUM PA SPILTE GUM ARABIC, RED 40, GLYCEROL ESTER SE ROSIN	
Last updated on October 27, 2014.	
	Water & Sugar are the first 2 ingredients,
	basically it is made with sugar and water.

How Much Sugar Is In My Drink?

How Do I Calculate the Teaspoons of Sugar?

Grams of sugar in one servings

Number of servings

Grams of sugar in total package

Grams of sugar in total package

Teaspoons of sugar package

For example:

A sugary drink can have 33 grams of sugar in one serving.

33 gms. sugar X 1 serving = 33 gms.

Divide the total grams of sugar listed on a Nutrition Facts label by 4. (4 grams of sugar = 1 teaspoon of sugar)

33 grams of sugar ÷ 4 = 8 1/4 teaspoons of sugar in one serving