

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 (20oz)-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

8.5 tsp sugar



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



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

8 tsp. sugar



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



Propel: Flavored electrolytes (20 oz)- 0 calories

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

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

Water or sports drink?

Under normal conditions, our body is good at maintaining proper fluid levels during moderate exercise.

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 than 1 hour may benefit from a specialized drink. E.g.: Team sports.

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

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

Quench Your 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?

- ✓ No added sugar
- ✓ No caffeine
- ✓ No sugar substitutes
- ✓ Lower amount of naturally occurring sugar



Plain milk 1%-1 cup

Calories - 103
Added Sugar - 0%
Sodium - 4%
Potassium - 10 %
Calcium - 30%
Protein - 16 %
Vit - A,D,B



Orange Juice 100% - 1/2 cup

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 (1/4 tsp)

Lemon sports drink: Combine juice of 1/2 lemon with drizzle of honey and pinch of salt.



Unsweetened Soymilk-1 cup

Calories- 80
No added sugar
Sodium- 3%
Potassium- 10%
Calcium- 30%
Protein- 14%(7gm)
Vit - A,B,C,D

The American Pediatric Association recommends that children consume less than 25 grams or 6 teaspoons of Added Sugar/ day.

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	
Calories 130	
	% Daily Value*
Total Fat 0g	0%
Sodium 270mg	11%
Potassium 75mg	2%
Total Carbohydrate 34g	11%
Sugars 34g	
Protein 0g	
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium, and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	
WATER, SUGAR, DEXTROSE, CITRIC ACID, SALT, SODIUM CITRATE, NATURAL FLAVOR, MONOPOTASSIUM PHOSPHATE, GUM ARABIC, RED 40, GLYCEROL ESTER OF ROSIN	
Last updated on October 27, 2014.	

Remember there may be more than one serving in a bottle.

Electrolytes are just salts and minerals. Kids can get these electrolytes by eating a healthy diet.

One bottle contains at least 8 teaspoon of sugar – as much as 13 Hershey kisses.

They do not contain any fruit juice

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 serving

X

Number of servings

Grams of sugar in total package

=

Grams of sugar in total package

÷

4

=

Teaspoons of sugar

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 ¼ teaspoons of sugar in one serving