



WHAT TO DRINK?

When Isn't Drinking Water Enough?

- Exercise less than 1 ½ hours
 - Water is fine
- Exercise more than 1 ½ hours
 - Include CHO & electrolytes

Carbohydrates (CHO) & Electrolytes:

- Sports drinks (up to 8% CHO) help meet fluid, CHO, & electrolyte needs simultaneously. Rule of thumb is 10-15gms of CHO per 8oz.
- Avoid sport drinks with fructose as the only CHO source (fructose is used slower and slows fluid leaving the stomach causing GI distress)
- Sport drinks increase fluid retention post-event

Tips:

- Limit soft drinks, fruit juices or fruit drinks to less than 10% of fluid consumption. They often cause cramps, nausea, bloating and diarrhea.
- Diet soft drinks result in more urine production.

Hydration:

Hydrate for 24 hours (be sure to replenish after meet or training, then continue to hydrate for next day). This is easier if you continue to sip water throughout the day/night. Train your body for hydration.

2 hour before event: 2-3 ml/pound of body wt. 30ml = 1oz.

15 minutes before event: 1 cup of water (8 oz)

During activity (if possible): 4 to 8 oz every 15 mins.

After: 2 cups for every pound lost (average runners need approx. 2qts.)

- Small amounts of sodium (few pretzels, salted crackers) or some potassium (1/2 banana, strawberries) will help with fluid retention and hydration.

Homemade sports drink: ¼ c. sugar, ¼ tsp. salt, ¼ c. hot water, ¼ c. orange juice (can vary juices-grape, cranberry, lemonade) and 3½ c. cold water. Dissolve sugar and salt with hot water first, add juice and remaining water. CHILL.

Nutrition: Makes 1 quart (32 oz.) 200 calories, 12 gm CHO, and 110 mg Sodium.

Night before Snacks:

Oatmeal with milk

Bagel with Peanut butter

Eggs with toast (whole wheat)

Pre exercise Snacks **** watch the 3-4 hr. time span, but if you have to eat try the following (most transport easily).

Dry cereal

Muffin (plain not high fat)

Banana (only if you normal eat them)

Crackers or Pretzels

Granola or Sport Bar (watch fat content)

After exercise Snacks (replenish glycogen)

- *Try to eat within 30 min to 1 hour -idea is to take in CHO with Protein.*

Yogurt or trail mix

Chocolate milk (1 carton)

Juice, cheese and crackers

Cereal (iron containing(total, oatmeal) would be great girls) with milk

8 oz. Smoothie and pretzels

V8 juice with a turkey sandwich

Created for the WW track team, C.S-Carmody, RD.

