

# Choosing Sports Drinks for Exercise

The following is a list of suggested sports drinks and other drink options that can be used **during** events. This applies to events (practices or competition) that are 90 minutes or longer.

## Guidelines for Fuelling During Exercise

### Ingredient Checklist:

- **Carbohydrates (CHO):** 30g to 60g of carbohydrates in a ratio of **4g to 8g per 100ml** of fluid (4-8%)
- **Quantity of fluid per hour:** 500ml to 1 litre



To calculate CHO%:  
Carbs(g) ÷ Fluids (ml)

### The Other 5 Check Points:

- Contains simple sugars such as dextrose, glucose, glucose polymers, maltodextrin
- No** high fructose corn syrup (HFCS)
- Fructose is **not** the only sugar (Tip: juices are mainly fructose)
- No** artificial sweeteners
- No** carbonation

### Sodium Content

Aim for **500mg to 700mg per litre** (check your labels). You can also add a little sea salt to your drinks. If you thrive on junk food, you are likely getting unhealthy levels of sodium, so factor this in.

## Examples:

**Gatorade** Total carbs: 28g Serving Size: 500ml  
Carbs per 100ml = 5.6g per 100ml = **5.6%**  
Passes the 5 Check Points?: **YES**



**Powerade *Isotonic*** Total carbs: 46g Serving Size: 600ml  
Carbs per 100ml = 7.7g per 100ml = **7.7%**  
Passes the 5 Check Points?: **YES**



**Apple Juice** Total carbs: 56g Serving Size: 500ml  
Carbs per 100ml = 11.2g per 100ml = **11.2%**  
Passes the 5 Check Points?: **NO** (*juice=fructose*)



**Coke (can of)** Total carbs: 39g Serving Size: 12oz = 375ml  
Carbs per 100ml = 10.4g per 100ml = **10.4%**  
Passes the 5 Check Points?: **NO** (*HFCS, carbonated*)



**G2 (by Gatorade)** Total carbs: 14g Serving Size: 500ml  
Carbs per 100ml = 2.8g per 100ml = **2.8%**  
Passes the 5 Check Points?: **NO** (*art. Sweeteners: sucralose, acesulfame potassium*)



**eLoad Heat End.** Total carbs: 54g Serving Size: 1 litre (add your own water)  
Carbs per 100ml = 5.4g per 100ml = **5.4%**  
Passes the 5 Check Points?: **YES**



### FLUID MEASUREMENT CONVERSIONS:

8 (fl.) oz. = 1 cup = ~250ml

32 (fl.) oz. = 4 cups = ~1000ml = ~1 litre

### Caution:

Sports drinks, diluted juices (and juices period) should not be used away from exercise. They contribute to tooth decay, compete with and deplete nutrients (i.e., calcium, vitamin C), contribute to sugar cravings, suppress the immune system, compromise intestinal health, and lead to fat gain. Past the stage of infancy, we are not meant to drink our calories. Also, many sports drink manufacturers now make "energy" drinks and other generic formulas geared to a wider market (non-athletes). Be sure to check labels and ingredients, *always*.