

Plymouth County Extension
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As athletes try to meet their fluid needs, flavored beverages can become quite costly and contain high levels of sodium. Adding a carbohydrate (fruit juice or sugar) to the beverage can help maintain stamina when the sports event lasts longer than one hour. Adding sodium is not necessary in sports drinks since the concentration of sodium in the blood is actually increasing as the athlete sweats. Sodium needs are easily met with the foods in and athlete's diet.

Here are a couple of homemade sports drink recipes:

Single serving: 1 cup cranberry juice cocktail or grape juice, ½ cup lemonade, 1 ½ cup water

Cooler sized sports drink! 48 ounces tropical blend 100 % juice, 3 cups cranberry juice, 9 cups water

Source: ISU Extension N-3411, Homemade sports drinks

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