MAKE YOUR OWN SPORTS DRINK

1/4 cup (60ml) maple syrup For adding electrolytes like potassium (lost in sweat) and sugar (to build glycogen stores)

1/4 tsp. (1ml) table salt

For adding sodium (lost in sweat)

4 cups (1L) water For adding water (lost in sweat and heavy breathing)

Mix all ingredients together, and hydrate as recommended by your RDN*!



*Consult a registered dietitian-nutritionist (RDN) to determine your recommended needs

SHOULD I LIMIT ANY TYPES OF FLUIDS?

Large amounts of **caffeinated** and **alcoholic beverages** should be limited, including:

- Coffee & caffeinated tea
- Energy drinks
- Beer, wine & spirits

These fluids can make us lose lots of water (especially as urine)!



REFERENCES

- American College of Sports Medicine. (2018). ACSM Announces New Recommendations and Warnings Regarding Safety of Energy Drinks. https://www.acsm.org/read-research/newsroom/news-releases/newsdetail/2018/05/15/energydrinks
- Convertino, V., Armstrong, L., Coyle, E., Mack, G., Sawka, M., Senay, L. & Sherman, W. (1996). ACSM Position Stand: Exercise and Fluid Replacement. *Medicine & Science in Sports & Exercise*, 28(10), i-ix. https://doi.org/10.1097/00005768-199610000-00045.
- Dietitians of Canada. PEN Handout/All About Sports Drinks. Practice-based Evidence in Nutrition" [PEN] Knowledge Pathway Population Health/Lifecycle. 2018, January 23 [2021, April 18]. Available from: http://www.pennutrition.com.
- Dorfman, L. (2017). Nutrition in Exercise and Sports Performance. In L. K. Mahan & J. L. Raymond (Eds.), Krause's food & the nutrition care process (14th ed.). Elsevier.
 Medline Plus. (2021). Fluid and Electrolyte Balance. US National Library of Medicine. https://medlineplus.gov/fluidandelectrolytebalance.html
- Semeco, A. (2016). Post-Workout Nutrition: What to Eat After a Workout. https://www.healthline.com/nutrition/eat-after-workout

All photos are royalty-free and free for commercial use



Concordia UNIVERSITE UNIVERSITY

Centre PERFORM Centre

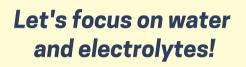
Nutrition for PERFORMance



Prepared by: Justine Chriqui, BASc McGill Dietetics Graduate Student

WHAT HAPPENS WHEN I EXERCISE?

- Body burns glycogen stores and muscles for fuel
- Lose water and electro-lytes in sweat



WHAT DO WATER & ELECTROLYTES DO?

Water and electrolytes work together to:

- Balance body water
- **Dissolve** and **transport** nutrients and oxygen
- Remove waste from cells
- Maintain functioning of the heart, nerves, muscles, brain and other organs

... and much more!



WHAT HAPPENS IF I DON'T HAVE ENOUGH?

During exercise, we can become dehydrated and develop an imbalance of electrolytes.

- As a result, we may experience:
 - Early fatigue
 - Gastrointestinal upset
 - Heat exhaustion

With worse symptoms possible

- To avoid these symptoms,
 Hydrate with electrolyte-rich beverages (sports drinks, milk, juice, soup, etc.)
 - **Do not** restrict fluids before, during or after training
 - Weigh yourself before & after training, drinking 500mL fluid for each 1lb (2.2kg) lost



WHEN & HOW SHOULD I HYDRATE?

<u>General guidelines</u>

If duration of exercise is: <1h: water

>1h: fluid with eletrolyte & simple carb (ex. sports drink)

Before training/event

<1h before: 500ml water or sports drink

2-3h before: smoothie, **or** water with fruit as snack

>3h before: milk or soy beverage with a meal

During training/event

Depending on duration: 1L water or sports drink

After training/event

Milk or soy beverage (plain or flavoured), **or** water with meal, **or** soup with meal

These suggestions will **replenish body stores** and aid in **recovery**

Want to save some \$ on sports drinks? Make your own with the recipe on this pamphlet!