

Good hydration! Do You Really Need that Sports Drink?

Get the electrolytes you need without compromising your health.



Suppose you're hot, sweaty, and parched and there's a neon-colored sports drink within reach...what do you do?

Think before you drink!

Sure, conventional sports drinks can hydrate you and replenish electrolytes (minerals that perform critical functions in your body and get depleted when you sweat). But they also deliver gobs of added sugar, food dyes, artificial flavors, and other additives. With friends like that, who needs enemies? The biggest mistake people make is thinking that the best way to stay hydrated and replace electrolytes is through sugar-sweetened sports drinks. Even after a sweaty workout, almost everyone can meet their hydration needs with water and get their electrolytes from nutritious food throughout the day. For example, a banana and some salted nuts make a great post-workout snack. Other electrolyte-rich foods include pickles, skin-on potatoes, yogurt (unsweetened versions) and sauces or condiments that contain salt. For periods of prolonged sweating (such as a tennis tournament or a long, steep hike), you may decide on a sports drink, but make it a quality one. Yes, they exist!

Since neon is a sure sign of junky additives, look for a product that does not call to mind the Las Vegas Strip – and read the label carefully for added sugar, artificial sweeteners, and other additives. You can also DIY it with this simple recipe: Combine 1 cup water, 1 cup coconut water, the juice of half a lemon and half a lime, and a pinch of salt in a jar with a lid. Shake until the salt dissolves.

Ahhh...nourishing refreshment in every satisfying sip!