Making the homemade electrolyte replacement drink – or sports drink – is quick, easy, and inexpensive and spares you the artificial colors, preservatives or additives.

Aim for 50-70 calories and 100 mg of sodium per cup of fluid (that’s about 50 grams of sugar and ¼ tsp table salt per quart).

**Citrus Sports Drink:**
From “Nancy Clark’s Sports Nutrition Guidebook”, 5th edition
- Dissolve ¼ cup sugar and ¼ tsp salt in ¼ cup hot water
- Add ¼ cup orange juice (not concentrate) plus 2 Tbsp lemon juice and 3 ½ cups cold water and chill
- Per cup: 50 calories, 12 g carb and 110 mg sodium

Enhance the vitamin and mineral content – and the flavor – of your homemade sports drink by adding foods from your garden. Try adding slices of cucumber or watermelon chunks and fresh mint or basil.

**Maple Sports Drink:**
From “Nancy Clark’s Sports Nutrition Guidebook”, 5th edition
- Dissolve 3 ¾ cup cold water, ¼ cup pure maple syrup and ¼ tsp salt
- Shake well and enjoy
- Per cup: 50 calories, 12 g carb and 110 mg sodium

Enhance the vitamin and mineral content – and the flavor – of your homemade sports drink by adding foods from your garden. Try adding a small pinch of thyme or freshly grated ginger and sliced oranges.