

# The Perfect Sports Drink

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  $\frac{1}{4}$  tsp table salt per quart).

## Citrus Sports Drink:

From "Nancy Clark's Sports Nutrition Guidebook", 5<sup>th</sup> edition

- Dissolve  $\frac{1}{4}$  cup sugar and  $\frac{1}{4}$  tsp salt in  $\frac{1}{4}$  cup hot water
- Add  $\frac{1}{4}$  cup orange juice (not concentrate) plus 2 Tbsp lemon juice and 3  $\frac{1}{2}$  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", 5<sup>th</sup> edition

- Dissolve 3  $\frac{3}{4}$  cup cold water,  $\frac{1}{4}$  cup pure maple syrup and  $\frac{1}{4}$  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.

