

## MAKE YOUR OWN SPORTS DRINK

Sports drinks are made with water (to assist with hydration), carbohydrates (to aid in fuelling for exercise spanning more than 60-90mins and improve palatability) and electrolytes such as sodium (to help with absorption of fluid). These ingredients are easy to come by and inexpensive. Making your own, can also mean you are in charge of the flavours!

The key when making your own sports drink is to ensure the concentration of carbohydrate stays between 5-8%. Research shows this concentration allows for the fastest rate of gastric emptying. So if you are looking at labels, we are looking for a drink that will supply 5-8g Carbohydrate per 100mL

Does the type of carbohydrate matter? Yes, but not as much as getting the concentration right. Your current sports drink uses maltodextrin as the glucose polymer (fancy science name for carbohydrate source). Maltodextrins empty from the stomach very well, but as long as the concentration stays between 5-8% emptying won't be a problem if we use other types of carbohydrates. Maltodextrin is however less sweet, so for some people this is great if they don't like the taste of sweet drinks.

Give these "home-made" options for sports drinks a try;

### Iced Tea Sports Drink Recipe;

- Ice Tea (500mL bottle) + 0.65g salt (ie it's a pinch)
- Ice Tea (1500mL) + 0.75 teaspoon (3.75g) salt



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### Cordial Sports Drink Recipe:

- 75mL of cordial concentrate + 500mL water + 0.65g salt (also just a pinch)
- 150mL 25 concentration cordial + 1000mL water + 0.5tsp salt (1.25g)





# Performance Nutrition Pathway Program

**Top Tip:** *If you are using these drinks to supply some carbohydrate to top up your fuel stores, then make sure you don't use "diet" or "sugar free" versions. If you are someone who doesn't need the additional carbohydrate, but you do need to hydrate well, and feel you will do that better with fluids that are flavoured, then you can use these sugar free versions instead. Be sure to still pop the salt in though, as this helps with fluid retention.*

**Rate your make you own Sports Drink experience.....**



- ☐ **Yes please** – I will definitely be making this again.
- ☐ **No thanks** – I will stick with pre-made sports drinks.