

TIME OUT ON SPORTS DRINKS

The American Academy of Pediatrics recommends that children drink water, not sports drinks. Sports drinks have added sugar, and little nutritional benefit. The best way for young athletes to stay hydrated and perform their best is to stick to water!



TAKE A LOOK INSIDE SPORTS DRINKS:

NO FRUIT JUICE

Nutrition Facts
Serving Size 8 fl oz (240 mL)
Servings Per Container 2.5

Amount Per Serving	8 fl oz	per bottle	% Daily Value*
Calories	50	130	
Total Fat 0g, 0g			0% 0%
Sodium 110mg, 270mg			5% 11%
Potassium 30mg, 75mg			1% 2%
Total Carb. 14g, 34g			5% 11%
Sugars 14g, 34g			
Protein 0g, 0g			

Not a significant source of calories from saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.
* Percent Daily Values are based on a 2,000 calorie diet.

Water, sucrose, dextrose, citric acid, natural flavor, salt, sodium citrate, monopotassium phosphate, gum arabic, glycerol ester of rosin, yellow 5.

» They **do not** contain any fruit juice.

» Remember, there is more than one serving in each bottle.

» Electrolytes are just salt and minerals. Kids can get the electrolytes they need by eating a healthy diet.

» One bottle contains at least 8 teaspoons of sugar — as much as 44 jelly beans!



HELP ATHLETES DRINK RIGHT:

MAKE WATER EASILY ACCESSIBLE

Studies show that when water is placed in sight, kids drink more. **Keep water bottles on the sideline** and/or point out a cooler where kids can get extra water.

FREQUENT WATER BREAKS

Young athletes should drink water every **15 to 20 minutes** to stay hydrated, so be sure to have frequent water breaks during practices.

Visit www.HealthyKidsHub.org/coaches to find trainings and resources on coaching healthy youth athletes.