

Fueling for Sports Nutrition

Hydration for Activity

Staying hydrated is important for athletes. Dehydration can cause symptoms such as headaches, nausea, muscle cramps, or feeling dizzy or lightheaded, which can impact athletic performance.

Fluid requirements for each day

- 9–13 years = about 6–7 cups (1500–1750 mL) of fluids
- 14–18 years = about 7–11 cups (1750–2750 mL) of fluids

Before Activity

Drink 400–600 mL (1½–2½ cups) of fluid 2–3 hours before activity.

The best fluid to choose before activity is water.

During Activity

Drink 150–300 mL (½–1¼ cups) fluid every 15–20 minutes during activity.

Water is the best fluid for activity under 1 hour. If you are active for more than 1 hour and sweating a lot, you may benefit from a sports drink.

After Activity

On average, athletes need to **drink 250–500 mL (1–2 cups) of fluid after activity.**

The best fluid to choose after activity is water. A sign of good hydration is urine colour.

Continue to drink small amounts of fluid until your urine is pale yellow.



Sports Drinks

Why Do Some Athletes Need Sports Drinks?

Sports drinks replace fluid and electrolytes (sodium and potassium) that the body loses in sweat. They also provide carbohydrate to supply energy to the body during long periods of intense activity.

When Do Some Athletes Need Sports Drinks?

Active people may benefit from sports drinks during intense activity that causes them to sweat a lot for more than 1 hour.

Homemade Citrus Sports Drink

Yield: 500 mL (2 cups)

2 Tbsp	Sugar	30 mL
½ tsp	Salt	2.5 mL
2 Tbsp	Boiling water	30 mL
2 Tbsp	Orange juice	30 mL
1 Tbsp	Lemon juice	15 mL
1 ¾ cup	Cold water	425 mL

Instructions: Combine the sugar and salt in a jug. Add boiling water to the sugar and salt mixture and stir until sugar and salt dissolve. Stir in remaining ingredients and chill in fridge until needed.

Nutrition information per 250 mL/1 cup: 58 calories, 0 g fat, 155 mg sodium, 42 mg potassium, 15 g carbohydrate, 15 g sugars, 0 g fibre, 0 g protein.

Fueling for Sports Nutrition

Hydration for Activity

Common Drinks Young Athletes May Choose During Activity That Lasts More Than 1 Hour?

	Carbohydrate (CHO) per 250 mL	Sodium per 250 mL	Potassium per 250 mL	Caffeine, Natural Health Products, Sugar Substitutes	Carbonated	Does this meet the Goal Range?
Goal Range	8–20 g	115–173 mg	19–49 mg	None	No	
Sports Drinks	8–20 g	100–210 mg	15–100 mg	May contain sugar substitutes (check the label and choose a sports drink with no sugar substitutes)	No	Yes
Energy Drinks	27–30 g Too high	Varies Too low or too high	Varies Too low or too high	Contains caffeine; may also contain sugar substitutes or natural health products	Sometimes	No. See Facts on Energy Drinks for more information.
Vitamin Fortified and Flavoured Waters	13–14 g	0–13 mg Too low	0–875 mg May be too high	May contain caffeine, sugar substitutes or natural health products	Sometimes	No
Soft Drinks	22–28 g Too high	10–53 mg Too low	3–15 mg Too low	May contain caffeine or sugar substitutes	Yes	No
Fruit Juice	24–34 g Too high	2–14 mg Too low	2–68 mg May be too low	None	No	No. Juice can be used to make the Homemade Citrus Sports Drink recipe (see page 1).
Iced Tea	21–23 g Too high	0–50 mg Too low	0 mg Too low	May contain caffeine or sugar substitutes	No	No

Water is the best choice during activity that lasts less than 1 hour or does not cause the athlete to sweat a lot.