



Recipe for a Homemade Sports Drink

For a low-cost fluid replacer that has a nutritional profile similar to the more expensive commercial sports drinks, try this simple recipe.



Yield: 1 quart

- 4 tablespoons sugar
- 1/4 teaspoon salt
- 1/4 cup boiling water
- 1/4 cup orange juice (not concentrate) or 2 tablespoons lemon juice
- 3 3/4 cups cold water

1. In the bottom of a pitcher, dissolve the sugar and salt in the hot water.
2. Add the juice and remaining water; chill.
3. Quench that thirst!

Nutrition Information:

Total calories: 200

Calories per 8 ounces: 50

Carbohydrate 12 grams

Sodium 110 mg.

Potassium 30 mg.

Source: Nancy Clark's Sports Nutrition Guidebook by Nancy Clark, MS, RD. 1997

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