

Ingredients

Nancy Clark's Homemade Sports Drink - Orange

Makes 4 cups

¼ cup sugar
¼ tsp. salt
¼ cup hot water
¼ cup orange juice
2 Tbsp. lemon juice
3 ½ cups cold water

Directions

In the bottom of the pitcher dissolve the salt and hot water. Add remaining juices and water, chill.

Recipe from Nancy Clark's Sport Nutrition Guidebook

Ingredients

Pineapple Coconut Sports Drink

Makes 3 cups

1 cup water
1 cup pineapple juice
1 cup coconut water
1/8 tsp. salt

Directions

Pour all ingredients into a pitcher, stir or shake to dissolve salt, chill.

*Recipe from
<http://blog.foodnetwork.com/healthyeats/2014/07/07/how-to-make-your-own-delicious-sports-drink/>*



Sport Drink	Orange	Pineapple
Amount	1 cup	1 cup
Calories	50	56
Fat (g)	0	0
Sat. Fat (g)	0	0
Carb. (g)	12	14
Fiber (g)	0	0
Sodium (mg)	110	112
Allergen info: Gluten Free		

Sport Nutrition Questions:

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Preparation Tips

The nutritional profile of commercial sports drinks is about 50-70 calories per 8 ounces, with about 110 milligrams of sodium. Homemade sports drinks can offer the same nutritional profile at a much lower cost. You can be creative when making your own sports drink and dilute many combinations of juices (such as cranberry + lemonade) to 50 calories per 8 ounces and add ¼ tsp of salt per 1 quart of liquid (or more if necessary). Make sure to test your recipe during training before an important event. This will ensure it is appealing to you while you are training rather than relaxing!