



# Homemade Sports Drink

Attention endurance athletes: try making your own sports drink at home to save money! This recipe offers close to the same nutritional profile of commercial sports drinks (e.g. Gatorade), offering 50-70 calories per 8 ounces (250 mL) with about 110 milligrams of sodium, but at a much lower cost. Get creative and try mixing different blends of juices (such as cranberry and lemonade) instead of orange juice to mix up the flavour options.

Prep: 1 minutes • Total: 3 minutes

## Ingredients:

Sugar	¼ cup	50 g
Salt	¼ tsp	1 mL
Hot water	¼ cup	60 mL
Orange juice (not from concentrate)	¼ cup	60 mL
Lemon juice	2 Tbsp	30 mL
Cold water	3.5 cups	875 mL

## Directions:

1. In the bottom of a pitcher, dissolve the sugar and salt in hot water.
2. Add the juice and the remaining water; stirring together.
3. Chill in the fridge.
4. Enjoy quenching your thirst during exercise!

## Nutrition Facts

Serving Size (258g)  
Servings Per Container

Amount Per Serving

**Calories 60**      Calories from Fat 0

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 150mg**      **6%**

**Total Carbohydrate 15g**      **5%**

Dietary Fiber 0g      **0%**

Sugars 13g

**Protein 0g**

Vitamin A --%      • Vitamin C 10%

Calcium 0%      • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: Nancy Clark's Sports Nutrition Guidebook

Makes 4 servings (258 g / serving) • 1 serving = 1 cup (250 mL)

Prepared By: Jennifer Broxterman, Registered Dietitian & Sports Nutritionist

NutritionRx • Email: info@nutritonrx.ca • Phone: (519) 520-9549 • Website: www.nutritionrx.ca