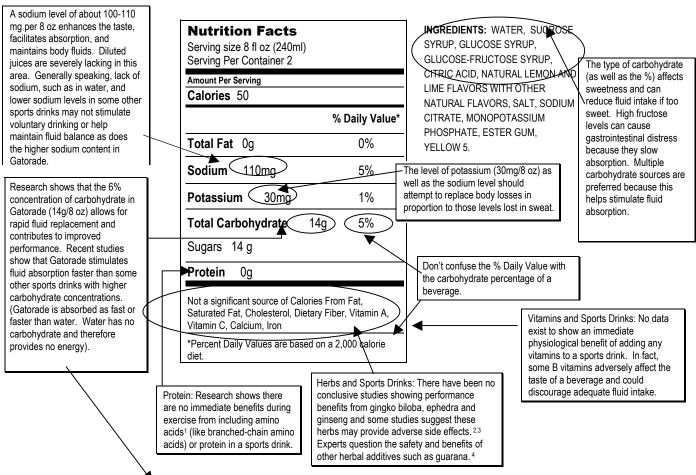
How to Read a Sports Drink Label

Key Points

- ◆ Look for sports drinks with 14grams of carbohydrate per 8 oz to encourage rapid fluid replenishment (this is a 6% carbohydrate concentration to consume during exercise).
- ◆ Each ingredient in a sports drink (carbohydrate, water, sodium and potassium) performs an important function.



Calculate the carbohydrate % of any beverage:

To calculate the carbohydrate concentration of any beverage as a percentage, divide the amount of carbohydrate in one serving (in grams) by the amount of fluid in one serving (in milliliters), and then multiply by 100 (8 ounces equals 240 milliliters).

For Gatorade: 14 grams carbohydrate x 100 = 5.83 or 6% carbohydrate concentration 240 milliliters



¹Davis, J. M. et al. *Int J Sports Nutr* 20:309-314, 1999.

² Maughan, R.J. and R. Murray. Sports Drinks: Basic and Practical Aspects, Chapt. 9 pp. 225-255, 2001.

³ Vahedi, K. et al. *Journal of Neurology, Neurosurgery, and Psychiatry* 68:112-113, 2000.

⁴ Myerscaugh, M. Aust Fam Physician 11:1037-1040, 1998.