JESSIE’S NUTRITION CORNER

SPORTS DRINKS: MYTHS VS. FACTS

(Information adapted from Dr. Bob Murray, Director, Gatorade Sports Science Institute handout)

_Hydration is a very important factor of sports nutrition._

*Use these recommendations to optimize your workouts!!*

**Myth:** Water is the best fluid replacement during activity.

**Fact:** Water is good; however, has limitations.

- Water doesn’t have flavor to encourage drinking.
- Water turns off thirst before complete rehydration takes place.
- Water lacks electrolytes and carbohydrate energy that athletes need to perform at their best.

**Myth:** Sports drinks are all the same.

**Fact:** The formula matters a lot. Research shows that:

- Too high of carbohydrate level slows fluid absorption.
- A blend of simple carbohydrates at an overall concentration that’s not too high, can help speed fluid absorption.
- Sodium content is important. Having enough sodium in the beverage will keep the thirst mechanism active for better drinking and will result in a more complete rehydration.
- Taste and flavor matter. If they’re not suitable for the exercise occasion you won’t consume enough to maintain proper hydration.

**Myth:** Sports drink consumption during exercise contributes to weight gain.

**Fact:** According to research, exercisers who drink sports drinks during activity can work out longer and harder and are less likely to overeat following a workout.

- Research also shows that consuming carbohydrates during exercise makes activity feel easier.
- This all results in positive benefits for those exercising to manage weight.
**Myth:** Sports drinks are high in sugar and calories.

**Fact:** Ounce for ounce, sports drinks have about half the calories and sugar of fruit juice or regular soft drinks.

- For example, Gatorade has only 50 calories and 14 grams carbohydrates per 8-oz serving versus fruit juice or regular soda, which has 100-110 calories and 27 grams of carbohydrates per 8-oz serving.

**Myth:** Sports drink consumption triggers an exaggerated insulin response during exercise.

**Fact:** Actually, there is a modest insulin response to sports drink consumption at rest or during exercise.

- Insulin release is a natural response to ingestion of carbohydrate-containing foods or beverages.
- High doses of simple carbohydrates (sugar) evoke the greatest insulin response.
- Sports drinks have a low carbohydrate content and are often consumed during exercise, which blunts the insulin response.
- A slight rise in insulin following ingestion of a sports drink during exercise helps to increase the rate of glucose uptake and use by working muscles—a desirable effect to help boost performance.

**Myth:** Sports drinks are only for events lasting more than 60 minutes.

**Fact:** Sports drinks provide benefits over water during vigorous exercise, even during bouts lasting less than 60 minutes.

- Research demonstrates that sports drinks help performance in endurance competitions as well as shorter-term events or stop-and-go sports, like football, basketball, soccer, tennis and hockey.
- Keep in mind the overall calories in your sports drink will contribute to your daily totals. If you are watching your weight or are trying to lose weight, ensure you count the calories in your sports drink towards your daily totals.

**Myth:** Sports drinks should be diluted.

**Fact:** A well formulated sports drink works best and delivers performance and rehydration benefits when consumed at full strength.

- Diluting a sports drink dilutes the benefits.
- Also, research shows that Gatorade is absorbed just as fast as water; therefore, there is no need for dilution.

**For more information, please visit:** [www.gssiweb.com](http://www.gssiweb.com)
RECIPE CORNER

(Adapted from Allrecipes.com)

Peanut Butter Banana Protein Bars

Ingredients:
2 cups quick cooking oats
1 cup protein powder
¼ cup whole wheat flour
1 tbsp. ground flax seed
1 cup peanut butter
¼ cup honey
2 very ripe bananas

Steps:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Line a baking sheet with parchment.
3. Spread oats out onto an unlined baking sheet in a thin layer, and toast until lightly browned, about 10 minutes. Remove and allow to cool. Mix together the cooled oats, protein powder, whole wheat flour, and flax seed until thoroughly combined, and mix with peanut butter and honey. Mash the bananas into the mixture, and stir to combine. Press the dough down onto the parchment-lined baking sheet in a ½ inch layer.
4. Bake in the preheated oven until the edges of the dough are golden brown, about 15 minutes. Cut into bars while warm and allow the bars to cool. Wrap bars in plastic wrap and refrigerate until ready to use.

Nutritional Information
Servings: 10
Amount per serving

Calories-337
Total fat- 15.6 g
Cholesterol-0 mg
Sodium- 120 mg
Total Carbs- 31.7 g
Dietary Fiber- 4.4 g
Protein- 22.5 g
About The Author

(By: Jessica Blessing)

Jessica is currently a senior dietetic student at Fontbonne University in St. Louis, MO. Her fitness journey began as a competitive swimmer at the age of six. By the age of ten she competed for a position in the Junior Olympics, missing the slot by one second. Jessica remained active throughout middle and high school by participating on the softball, volleyball, and track teams. She earned a college volleyball scholarship, but opted instead to serve her country for four years in the United States Air Force. During the last six months of her tour, Jessica worked as a medical administrator in the Nutritional Medicine Outpatient Clinic. This experience solidified her education goals and she is currently working toward becoming a Registered Dietitian. Jessica is passionate about health and nutrition and is eager to help you be successful in your personal health journey. For nutrition questions or comments, Jessica can be reached via email at Jessica.blessing@yahoo.com.

Health Disclaimer! The content of this newsletter does not intend to diagnose or treat any medical conditions. Before proceeding with any change in diet, lifestyle or supplementation please contact your doctor/physician

References


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