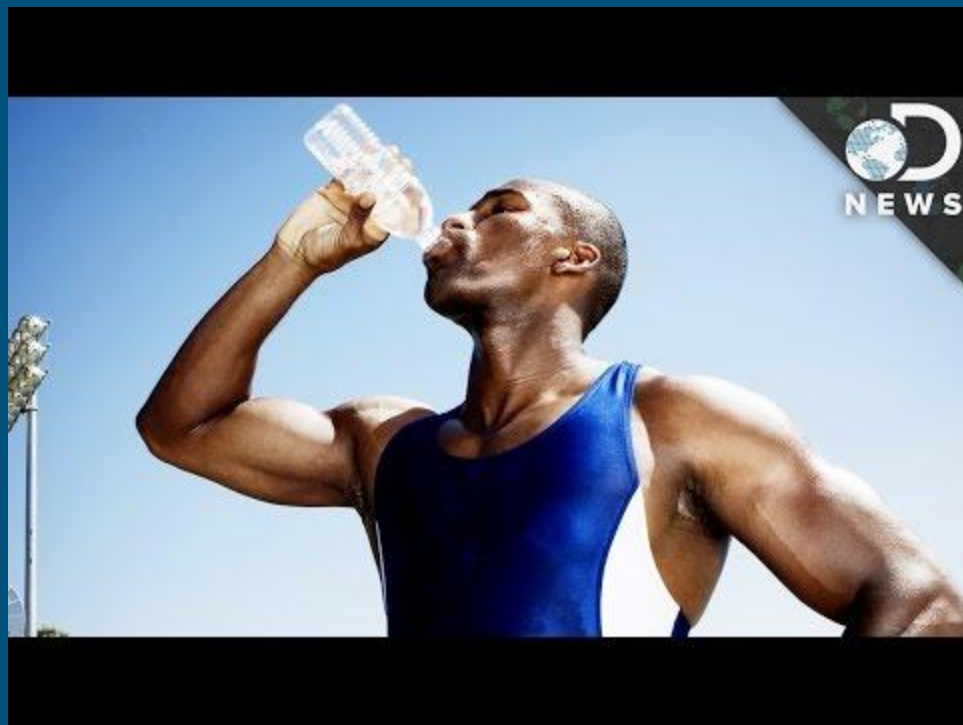




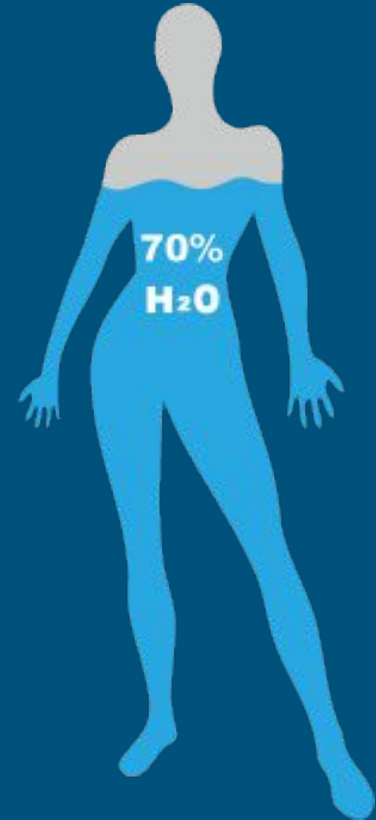
Water and Electrolytes





What does water do in my body?

- Carries water soluble vitamins.
- Carries waste through the body.
- Regulates body temperature through perspiration.
- Prevents dehydration. Dehydration occurs from lack of water.



How much water?

How much water should we drink every day?

- 64 fl. oz. of water are recommended daily

*Water is the MOST important nutrient our body needs! If you're thirsty, you're already dehydrated!



Dehydration

Common causes of dehydration:

- Vomiting or diarrhea
- Excessive urination
- Excessive sweating
- Fever

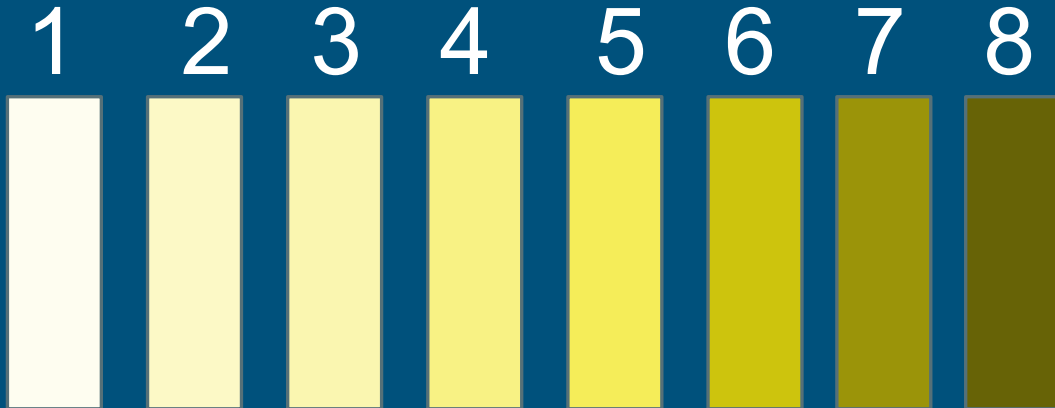
Signs of dehydration:

- Increased thirst
- Dry mouth
- Swollen tongue
- Weakness
- Dizziness
- Confusion
- Sluggishness
- Fainting
- Inability to sweat
- Heart palpitations
- Decrease in urine
- Dark urine

Are YOU Hydrated?

*Drink water instead of sugary drinks!

If your urine matches the colors numbered 1, 2, or 3, you are **HYDRATED!**



If your urine matches the colors numbered 4 to 8 you are **DEHYDRATED** and need to drink more fluid!!

Water and Sports

- For short duration exercise (<60 minutes) water is a good choice to drink before, during and after exercise.
- For moderate to high intensity activities lasting longer than 60 minutes sports drinks will help replace carbohydrate loss and electrolyte balance.
- Drink 8-20 oz of water an hour before exercise.
- Continue drinking during exercise, up to 16-24 oz of fluid per hour (4-6 oz every 15 minutes).



Electrolytes

Sodium
&
Potassium

What are electrolytes?

Electrolytes are minerals that:

- Help maintain the fluid balance in the body
- Help maintain the heartbeat
- Help muscle and nerve action

Electrolytes easily become imbalanced in cases of dehydration, illness and diarrhea.

Sodium & Potassium



Function:	Maintains fluid balance in the body
Food Source:	Salt, fruits and vegetables
Deficiency :	Muscle cramps, irregular heartbeat, seizures
Toxicity:	High blood pressure

Sodium

RDA: No more than
2,300 mg.

Potassium

RDA: 4,700 mg.

- Electrolytes like potassium can be found in bananas and potatoes.
- If an athlete is trying to replace sodium, then it is advisable to do so with some saltier foods. Foods such as bread and milk contain some sodium.
- So much sodium is available in the food supply that it is more of a concern to have too much. Label reading is a good way to identify which foods have high amounts.

Reading a Food Label

Sample label for
Macaroni & Cheese

① **Start Here** →

② **Check Calories**

③ **Limit these Nutrients**

④ **Get Enough of these Nutrients**

⑤ **Footnote**

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250	Calories from Fat 110		
	% Daily Value*		
Total Fat 12g	18%		
Saturated Fat 3g	15%		
Trans Fat 3g			
Cholesterol 30mg	10%		
Sodium 470mg	20%		
Total Carbohydrate 31g	10%		
Dietary Fiber 0g	0%		
Sugars 5g			
Protein 5g			
Vitamin A	4%		
Vitamin C	2%		
Calcium	20%		
Iron	4%		
* 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
Sat 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

⑥ **Quick Guide to % DV**

• **5% or less is Low**

• **20% or more is High**

Identify amounts of sodium and potassium

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230 Calories from Fat 40

Total Fat 8g **12%** % Daily Value*

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **12%**

Dietary Fiber 4g **16%**

Sugars 1g

Protein 3g

Vitamin A 10%

Vitamin C 8%

Calcium 20%

Iron 45%

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

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Sat 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	

Nutrition Facts

Serving Size (126g)

Amount Per Serving

Calories 110 Calories from Fat 0

Total Fat 0g **0%** % Daily Value*

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Potassium 450mg **13%**

Total Carbohydrate 30g **10%**

Dietary Fiber 3g **12%**

Sugars 19g

Protein 1g

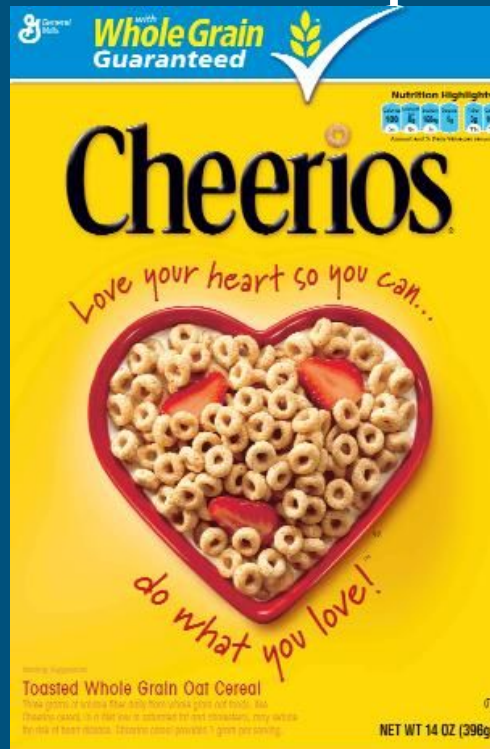
Vitamin A 2% • Vitamin C 15%

Calcium 0% • Iron 2%

*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	
Potassium		3,500 mg	3,500 mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Ingredients: Whole Grain Oats (includes the oat bran), Modified Corn Starch, Sugar, Salt, Tripotassium Phosphate, Wheat Starch, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Nutrition Facts

Serving Size 1 cup (28g)
Children Under 4 - % cup (21g)
Servings Per Container about 14
Children under 4 - about 19

Amount Per Serving	Cheerios	with 1% cup skim milk	Cereal for Children Under 4
Calories	100	140	80
Calories from Fat	15	20	10

	% Daily Value**		
Total Fat 2g*	3%	3%	1.5g
Saturated Fat 0g	0%	3%	0g
Trans Fat 0g			0g
Polyunsaturated Fat 0.5g			0g
Monounsaturated Fat 0.5g			0g
Cholesterol 0mg	0%	1%	0mg
Sodium 160mg	7%	9%	120mg
Potassium 170mg	5%	11%	130mg
Total Carbohydrate 20g	7%	9%	15g
Dietary Fiber 3g	11%	11%	2g
Soluble Fiber 1g			0g
Sugars 1g			1g
Other Carbohydrate 17g			12g
Protein 3g			2g

	% Daily Value**		
Protein	-	-	9%
Vitamin A	10%	15%	10%
Vitamin C	10%	10%	10%
Calcium	10%	25%	8%
Iron	45%	45%	50%
Vitamin D	10%	25%	6%
Thiamin	25%	30%	35%
Riboflavin	25%	35%	35%
Niacin	25%	25%	35%
Vitamin B ₆	25%	25%	45%
Folic Acid	50%	50%	60%
Vitamin B ₁₂	25%	35%	30%
Phosphorus	10%	25%	8%
Magnesium	10%	10%	10%
Zinc	25%	30%	30%

Gatorade Perform[®] Orange Thirst Quencher

Boisson désaltérante Gatorade Perform^{MC} Orange



Nutrition Facts

Valeur nutritive

Per 591 mL / par 591 mL

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 150	
Fat / Lipides 0 g	0 %
Sodium / Sodium 250 mg	11 %
Potassium / Potassium 65 mg	2 %
Carbohydrate / Glucides 38 g	13 %
Sugars / Sucres 35 g	
Protein / Protéines 0 g	

Not a significant source of saturated fat, trans fat, cholesterol, fibre, vitamin A, vitamin C, calcium or iron.

Source négligeable de lipides saturés, lipides trans, cholestérol, fibres, vitamine A, vitamine C, calcium et fer.

INGRÉDIENTS:

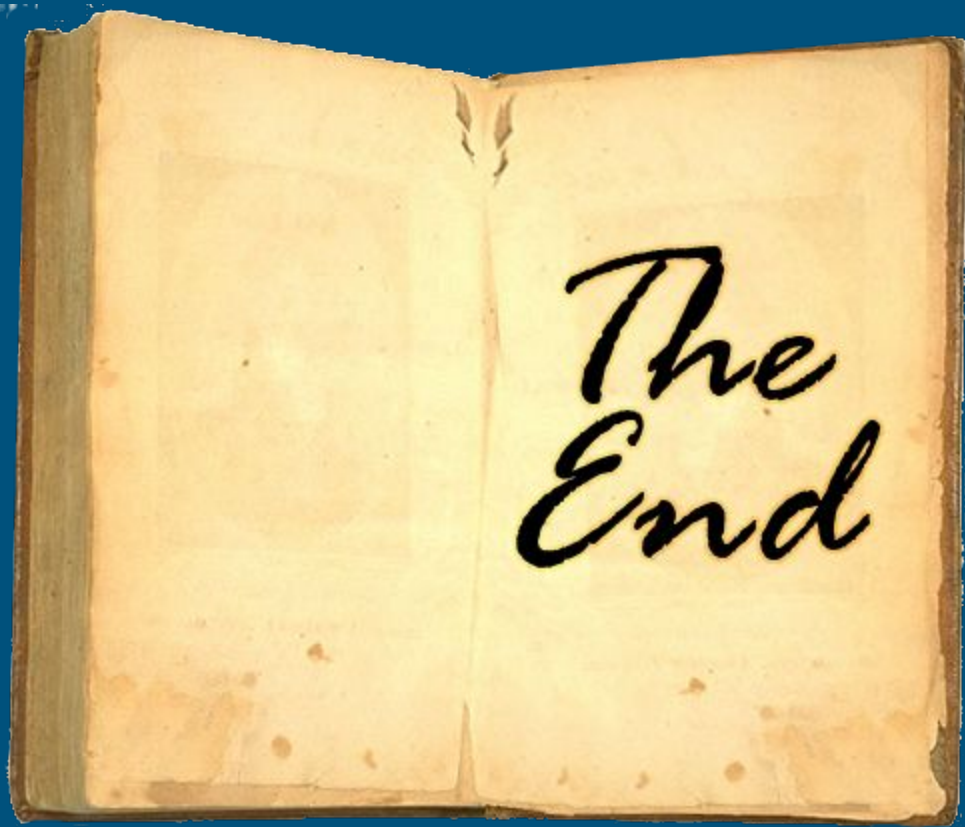
WATER, SUGAR, DEXTROSE, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOURS, SALT, SODIUM CITRATE, MONOPOTASSIUM PHOSPHATE, GUM ARABIC, COLOUR, ESTER GUM, BROMINATED VEGETABLE OIL (CONTAINS SOYBEAN OIL).

CONTAINS SOY INGREDIENTS.

INGRÉDIENTS :

EAU, SUCRE, DEXTROSE, ACIDE CITRIQUE, ARÔMES NATURELS ET ARTIFICIELS, SEL, CITRATE DE SODIUM, PHOSPHATE MONOPOTASSIQUE, GOMME ARABIQUE, COLORANT, GOMME ESTER, HUILE VÉGÉTALE BROMÉE (CONTIENT DE L'HUILE DE SOYA).

CONTIENT DES INGRÉDIENTS DU SOYA.



The
End