

Water & Electrolytes

What does water do in my body?

- Carries _____ vitamins.
- Carries _____ through the body.
- Regulates body _____ through perspiration.
- Prevents _____. Dehydration occurs from lack of water.

How much water?

- How much water should we drink every day?
 - _____ fl. oz. of water are recommended daily
- *Water is the MOST important _____ our body needs! If you're _____, you're already dehydrated!

Dehydration

- Common causes of dehydration:

-
-
-
-

- Signs of dehydration:

-
-
-
-
-
-

Sports

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

Electrolytes

Electrolytes are _____ that:

- Help maintain the _____ balance in the body
- Help maintain the _____

Name: _____ Group: _____ Class Period: _____

- Help _____ and nerve action

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

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

Granola Recipe

<http://www.chelseasmessyapron.com/no-bake-easy-granola/>

INGREDIENTS

- 1/2 cup creamy peanut butter
- 2 tbsp. honey
- 1/2 tsp. vanilla extract
- 1/8 tsp. salt
- 1 cup old fashioned oats
- 1/4 cup oat flour (oats that have been processed to a fine powder)*
- 1/4 cup rice krispie cereal
- 3/4 cup mix-ins of choice (I used 1/4 cup slivered almonds, 1/4 cup raisins, and 1/4 cup chocolate chips)

INSTRUCTIONS

- In a small bowl, combine the peanut butter, honey, vanilla extract, and salt.
- Microwave for 20 seconds and stir until combined.
- In a medium sized bowl, combine the oats, oat flour, and rice krispie cereal.
- If you don't have oat flour, you can make it easily from oats. Simply grind oats in a food processor until they are a flour consistency.*
- Add the peanut butter mixture to the oat mixture and stir well. It will be sticky and a little bit of a challenge to stir, but keep with it.
- Add in any mix-in's of choice. (If using chocolate, let it cool a little or the chocolate will melt)
- Stir again and crumble into granola bits.

NOTES

*Make sure to measure the oat flour AFTER processing the oats. You can substitute flaxseed if desired