

NUTRITION BITS AND BITES

Sport Drinks



Do kids need Sport Drinks?

Professional athletes advertise sport drinks as their choice of hydrating drink. Children and teens can get swept up in the marketing.

As a parent, it can be hard to distinguish between all the different options and choose a good hydrating drink.

Water is a great choice for hydration.

Sport Drinks

- Sport drinks are used to restore electrolytes and energy after extreme physical activity for high performing athletes
- Children in routine play based activity do not need sport drinks
- The ingredients in sport drinks can have a stronger effect on children because they are smaller than adults
- On average sports drinks can contain up to 8 teaspoons of added sugars per 500 ml serving
- Consuming excess added sugars can increase risk of obesity and tooth decay
- Water is safe, hydrating and a cheap choice for children before, during and after routine physical activity

For more information, visit:
www.healthyfamiliesbc.ca
www.dietitians.ca
www.healthycanadians.ca/eatwell
www.eatright.org

Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.

Watermelon Infused Water

2 Cups of diced watermelon
1 cup of mint leaves (optional)
8 cups of water
1 cup of frozen blueberries and or strawberries
(optional: use sparkling water for extra fizz)

- Add watermelon and mint leaves to 8 cups of water and refrigerate
- Allow at least 4 hours for the ingredients to infuse
- When ready to serve, stir well and add frozen berries for garnish and plenty of ice
- Infused water can be kept for up to 2 days in refrigerator



**** Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055

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