HYDRATE the RITE way

SCOTTISH RITE FOR CHILDREN SPORTS MEDICINE

HYDRATION DRINKS: CHOOSE WISELY

Learning about drink choices can help you make the best hydration plan for your young athlete. In general, there are three categories of hydration drinks: water, electrolyte replacements and sports drinks. They have different purposes. To help choose a drink, consider the sport being played, the temperature and humidity, and the length of the activity.

Water	Electrolyte Replacements	Sports Drinks
Water is the go-to hydration beverage for child athletes and many teen athletes. All athletes should have water with them at all events.	**Electrolyte replacements** provide fluid and electrolytes. They do not restore glycogen (energy) stores.	**Sports drinks** provide fluid, carbohydrates (energy in the form of sugar) and electrolytes (sodium, potassium, chloride, magnesium).
Choose this drink when an athlete is: In an event less than 60 minutes in a mild to moderate climate.	Choose this drink when an athlete is: •Active in an event of any length and is a heavy and salty sweater. •Active in an event with extreme heat.	Choose this drink when an athlete is: •Active in any event longer than 60 minutes at moderate to high intensity. •A heavy and salty sweater and/or playing in extreme heat. •Unable to tolerate solids before, during or after events.

Which Hydration Drink is Best?

Use these examples to plan a hydration strategy. The specific needs of athletes may vary.

Sport	Water	Electrolyte Replacements	Sports Drinks
Soccer	30 minutes, recreational level	45-minute drills in the heat	1 to 2 hours or more
Figure Skating	40-minute session	40-minute session and skater is a heavy sweater	Back-to-back training sessions with no snack breaks (ex: freestyle + on-ice conditioning + ballet)
Baseball	60 minutes with snacks provided as needed	60 minutes in extreme heat and athlete is heavy sweater	> 60 minutes and athlete does not tolerate snacks during training

This material is for educational use.
Discuss any questions and concerns with your healthcare provider.

Drink	Carbohydrate* Grams (g)	Sugar Grams (g)	Sodium Milligrams (mg)	Potassium Milligrams (mg)
Sports Drinks				
Gatorade® (12oz)	22 g	22 g	160 mg	50 mg
Powerade® (12oz)	21 g	21 g	150 mg	35 mg
BODYARMOR® (12oz)	21 g	21 g	30 mg	530 mg
Electrolyte Replacements				
Liquid I.V.® (with 16 oz of water)	12 g	11 g	500 mg	370 mg
Nuun® Sport Tablets (with 16 oz of water)	4 g	1-2 g	300 mg	150 mg
DripDrop® (with 16 oz of water)	9 g	7 g	330 mg	185 mg
Pedialyte® (12 oz)	9 g	5 g	490 mg	470 mg
BioSteel® (16 oz)	1 g	0 g	230 mg	230 mg
LMNT® (with 16 oz water)**	1 g	0 g	1,000 mg	200 mg
PRIME® (16 oz)***	6 g	2 g	10 mg	700 mg

* The carbohydrate content of a sports drink is often the same as the sugar content because energy (or carbohydrate) comes from the sugar in the drink.
**LMNT® contains 1,000 mg of sodium, which may be unnecessary for a young athlete.
*** PRIME Hydration may not be recommended for children under 15 years old due to the branched-chain amino acids (BCAAs).

What About Electrolyte Powders?

Electrolyte tablets and powders that are mixed with water can also rehydrate the athlete by providing fluid, electrolytes in the form of sodium, potassium, chloride and magnesium and sometimes carbohydrates in the form of sugar.

Visit scottishriteforchildren.org/nutrition to learn more about hydration and nutrition for young athletes.

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