



SIMPLE SPORT SCIENCE

June 2009

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Low-Cost Sport Drink Recipe (made with "Kool-Aid")

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Ingredients:

- 6 g packet of "Kool-Aid" drink mix powder
- 8 - 10 Tbsp. white sugar
- 3 mL table salt
- 2 litres water

Pour water into large container. (Container should have a leak-proof lid or cap). Add "Kool-Aid" powder, sugar, & salt to water. Put lid or cap on container & shake well until "Kool-Aid" powder, sugar, & salt completely dissolve.

Note: If you find this mixture tastes too sweet during exercise, try using only half to 3/4's the amount of sugar. However, by reducing the sugar, the carbohydrate content of the sport drink will be reduced.

How does this home-made sport drink compare to "Gatorade"?

Sport Drink	Carbohydrate Content (per 1 litre)	Sodium Content (per 1 litre prepared)
"Gatorade" powder (prepared according to directions on container)	66 g carbs (6.6% carbohydrate solution)	420 mg sodium
Home-made "Kool-Aid" sport drink (prepared according to above recipe)	60 g carbs* (6% carbohydrate solution)*	600 mg sodium

*Carbohydrate content of home-made "Kool-Aid" sport drink prepared using 10 Tbsp. sugar per 2 litres of water. Carbohydrate content will be lower if less sugar is used in the recipe.

IMPORTANT

When testing a sport drink, always do so during training (not competition) to gauge your personal tolerance. Avoid trying something new when competing, as it could back-fire on you!