



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Keep working on making habits effortless!

Habit #2 - Drink 8-ounces of a calorie-free beverage before you eat.

Getting the right amount of hydration is important, especially for athletes and anyone who is physically active.

Commercial sports drinks were developed for high-intensity college athletes. Many contain electrolytes (sodium and potassium) and sugar to replenish the body, in levels that are higher than what exercisers and child athletes require.

So, who **should** consume sports drinks?

People of any age undergoing an intense exercise level lasting more than 1 hour.

Hydrating at the right times is very important, and with the best beverage for your activity level.

- Continue to drink a cup of water or calorie-free beverage before a meal (Habit #2)
- Drink water a couple hours before you begin physical activity
- Drink water while you are being active
- Drink infused water or chocolate milk after to help promote recovery



The activity and sweat losses make it important to replenish fluid, carbohydrates, protein and electrolytes. Low potassium may lead to muscle cramping. Some fruits and vegetables which are high in potassium are: bananas, oranges, cantaloupe, honeydew, dried fruits, potatoes, cucumbers, mushrooms and leafy greens.

Try this veggie-infused water as a post-exercise beverage or as another flavorful option before a meal.

Green Water

Ingredients:

- 1 1/2 celery hearts
- 1/3 sliced seedless cucumber
- Small handful of fresh parsley leaves
- 3 mint leaves
- 1/2 sliced lime
- 1 gallon of water

Directions:

1. Wash all of your ingredients thoroughly before placing in a beverage container.
2. Fill the container with 1 gallon of water and refrigerate.
3. Allow water to infuse at least 30 minutes before serving. Infusing overnight will create a stronger flavor. Remove the vegetables within 24 hours. The water will keep for up to a week in refrigeration.

