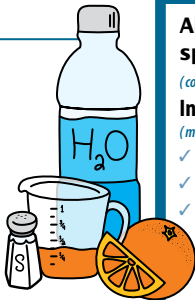


# HYDRATATION & CARBOHYDRATES DURING EXERCISE

## Why?

- ✓ **To replace** liquids due to sweating and to avoid the effects of dehydration.
- ✓ **To facilitate** oxygen and energy circulation towards your muscles.
- ✓ **To facilitate** the absorption of carbohydrates and electrolytes.



## All-natural maple sports drink

(concentration = 6,5% of carbohydrate)

### Ingredients :

(makes 1L - 2 servings)

- ✓ 850 ml (3 ½ cups) cold water
- ✓ 60 ml (¼ cup) orange juice
- ✓ 60 ml (¼ cup) pure maple syrup
- ✓ 30 ml (2 tablespoons) lime juice
- ✓ 1 ml (1/5 teaspoon) salt

Mix together all the ingredients.

For 1 servings of 500 ml: 130 calories; 32 g of carbohydrate; 0 g of protein; 0 g of fat; 0 g of fibre; 241 mg of sodium; 168 mg of potassium.

Source : [www.ilovemaple.ca/sport](http://www.ilovemaple.ca/sport)

## What should you drink during exercise?

Temperature during exercise	Exercise duration	Type of drink	Amount of carbohydrate	Electrolytes
	< 1 hour			
	> 1 hour		3-6% of carbohydrate	500-700 mg of sodium per liter
	< 1 hour			
	> 1 hour		6-8% of carbohydrate	