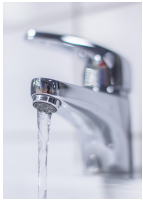


Hydration



#keepinghealthyoptionscool

This is general information only.
Individual nutrition advice is always
recommended.



The best option for hydration is water

- Water keeps your body cool
- Water replaces fluid lost through sweat
- Water helps you feel energised
- Water is naturally sugar free



In very hot and or humid conditions or periods of prolonged, high intensity exercise, extra hydration, electrolytes and carbohydrates may be required.

Aim for additional drinks of water and small snacks to replace fluid and salt losses from sweat and provide the extra energy to perform at your best (e.g. cheese and crackers, banana, a sandwich, yoghurt or milk drink).

If you are competing at an elite level or consistent high intensity or endurance sports, individual advice is recommended.

Water is the best value when hydrating for general exercise and sports

#keepinghealthyoptionscool

For more information go to:

- <https://www.sportsdietitians.com.au/?s=hydration>
- www.vichealth.vic.gov.au › healthy-eating › Hydration-junior-sport
- <https://www.betterhealth.vic.gov.au/health/healthyliving/Exercise-the-low-down-on-water-and-drinks>

These drinks are packed with cheap ingredients such as sugar, they are high in kilojoules and have little to no nutritional value.



Pop top - 250ml - 4 tsp of sugar



Sports Drinks - 600ml - 9 tsp of sugar



Soft Drinks - 600ml - 16 tsp of sugar

