

Mayo Clinic Minute

What should be in your sports drink?

VIDEO	AUDIO
	If you've resolved to lace up for a long run or pedal through a big race ...
	<i>Sound of a bike being pedaled</i>
	... picking a sports drink with the right amount of nutrients will be very important.
	... because plain water is just not enough.
	Mayo Clinic sports dietitian Erica Goldstein says endurance athletes should pay special attention to three lines on the nutrition label.
Title: ERICA GOLDSTEIN SPORTS DIETITIAN Mayo Clinic	Sodium is very important in a sports drink because it helps you absorb both glucose, which is sugar, and water.
	Goldstein says to aim for about 450 milligrams of sodium per 24 ounces of sports drink.
	<i>Sound of a bike passing the camera</i>
	Sugar is also important for endurance athletes.
	You can't really absorb water without both sodium and sugar. However, too much sugar can cause gastrointestinal distress.
	To avoid symptoms like bloating, cramping or diarrhea, Goldstein suggests keeping sugar below 30 grams per 24 ounces of sports drink.
	Finally, pay attention to potassium.
	Goldstein recommends no more than 225 milligrams of potassium per 24 ounces.
	For the Mayo Clinic News Network, I'm Jeff Olsen.