

# Nutrition in Action, PLLC

## Hydration Guidelines

Before Practice	During Practice	After Practice
<p><b>How to determine general hydration needs:</b></p> <ul style="list-style-type: none"> <li>• Body weight divided by 2 = ounces of fluid needed per day</li> <li>• Athletes need an <b>ADDITIONAL</b> 8 oz of fluid for every 15 minutes of exercise. Check sweat rate to be sure.</li> </ul> <p><b>Example:</b> A 130 lb athlete would need 65 ounces of fluid per day (130lbs/2).  <b>**If this athlete was participating in one training session(1 hour), she would need 97 ounces/day (65 + 32).</b></p> <p><b>Weigh yourself before practice so you can determine your fluid needs post-practice.</b></p> <p><b><u>Pre-practice guidelines:</u></b></p> <ul style="list-style-type: none"> <li>• Drink 16-20 ounces (2-2.5 cups) of water or sports beverage at least four hours before exercise.</li> <li>• In addition, drink 8-12 ounces (1-1.5 cups) of water 10-15 minutes before exercise</li> </ul>	<p>Consumption of beverages containing electrolytes and carbohydrates during prolonged exercise can help maintain fluid balance, regulate electrolytes, and sustain exercise performance</p> <p><b><u>Practice Guidelines:</u></b> Athletes should consume ~ 1 liter of fluid per hour of exercise! Or check sweat rate, to get the most accurate amount.</p>	<p><b><u>**See other side for specific guidelines**</u></b></p> <p>Weigh yourself after practice to determine your post-workout fluid needs.</p> <p>Consume 2 cups of water or electrolyte drink for every pound of body weight lost during exercise.</p> <p>Eat salty foods (such as nuts, popcorn, pickles, pretzels, beef jerky) between workouts and games, and during travel to aid in fluid retention and hydration.</p>

<b>Pounds Lost</b>	<b>Fluid Lost</b>	<b>Sodium Lost</b>	<b>Fluid Replacement</b>
<b>1</b>	16 ounces	500 mg	2-3 cups
<b>2</b>	32 ounces	1000 mg	4-5 cups
<b>3</b>	48 ounces	1500 mg	6-7 cups
<b>4</b>	64 ounces	2000 mg	8-9 cups
<b>5</b>	80 ounces	2500 mg	10-11 cups

\*\*If you have lost more than 3 pounds, please see athletic trainer.

<b>Food/Beverage</b>	<b>Sodium Content</b>
<b>Gatorade (20 ounces)</b>	275 mg
<b>The Right Stuff*</b>	1,780 mg
<b>G2 (20 ounces)</b>	270 mg
<b>Gatorlyte</b>	770 mg
<b>Gatorade Endurance</b>	800 mg
<b>Pretzels (1 bag)</b>	900 mg
<b>Beef Jerky (1 bag)</b>	1920 mg
<b>Olives (5)</b>	1050 mg
<b>Pickle (1)</b>	400 mg
<b>Popcorn (1 ¾ cup)</b>	290 mg
<b>Cashews (1/2 cup)</b>	280 mg
<b>Sunflower Seeds (1/4 cup)</b>	140 mg

[http://journals.lww.com/acsm-msse/Fulltext/2007/02000/Exercise\\_and\\_Fluid\\_Replacement.22.aspx](http://journals.lww.com/acsm-msse/Fulltext/2007/02000/Exercise_and_Fluid_Replacement.22.aspx)

<http://www.acsm.org/docs/brochures/selecting-and-effectively-using-hydration-for-fitness.pdf>

<http://www.acsm.org/docs/current-comments/sicklecelltrait.pdf>