



# RETHINK YOUR SPORTS DRINK

- **Water is the best choice** for hydration before, during and after physical activity.
- One sports drink may contain as much as 10 teaspoons of sugar.
- Sports drinks may also contain sugar substitutes, artificial flavours and colours.
- Be aware of marketing that sounds too good to be true. In reality, the extra sugar and salt in sports drinks are not needed for good performance.
- All your body needs to refuel after most physical activities is a healthy snack or a drink like water or milk.



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