



Gatorade

Gatorade is marketed as a sports drink but many consumers are drinking it for the wrong reasons. Gatorade is intended to replenish sugar, electrolytes and fluid while engaged in prolonged vigorous physical activity. For people who are less active and believe that this sports drink is a healthier alternative, think again, the extra sugar and sodium are not necessary and could contribute to weight gain.

Nutrition	1 / 10
Serving Size	Bottle (591 mL)
Calories	140
Total fat	0 g
Saturated fat	0 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	270 mg
Total carbohydrate	36 g
Dietary fiber	0 g
Sugars	34 g
Protein	0 g
Ingredients	Water, Sugar, Dextrose, Citric Acid, Salt, Sodium Citrate, Monopotassium Phosphate, Modified Food Starch, Natural Flavor, Red 40, Glycerol Ester of Rosin, Caramel Colour
Quality	1 / 10
Labels	Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium, and iron.
Availability	9 / 10
Cost (*prices may vary)	\$ 4.60 for 8 bottles
Where to Buy	Available at most grocery stores and vending machines.

Scores	Nutrition	Availability	Quality
0 - 5	Poor, high amount (values over recommended daily value percentages) of sugar, trans fat, animal saturated fats and/or salt	Pricey, not found in most stores	Low nutrient profile, highly processed ingredients, high amounts of preservatives and/or additives
6 - 7	Just meets recommended daily value percentages.	Somewhat pricey, available in some stores	Satisfactory nutrient profile, contains some processed ingredients, preservatives, and/or additives
8 - 10	Healthy, low amount of sugar, salt, trans fat, animal saturated fats, preservatives and/or additives; high fiber, protein	Reasonably priced, widely available	Rich nutrient profile, organic ingredients, natural flavours, very low to zero additives and preservatives

Gatorade is a highly researched and tested drink athletes use to rehydrate and replenish electrolytes lost through sweat. Gatorade might be an excellent sports drink to replenish your fluids but it may not be the healthiest. When choosing a drink for hydration it is important to look at the intensity and duration of the activity. We lose water and electrolytes during physical activity and in some instances of prolonged physical activity more fuel may be needed to maintain performance.

The Good

Gatorade as a sports drink offers potassium, sodium, sugar and water. Gatorade is best used when you are engaged in prolonged vigorous physical activity for more than an hour. It helps keep you hydrated and provides a fuel source (sugar) to burn as you maintain your performance during physical activity.

The Bad

Even though Gatorade is marketed as a sports drink, the majority of their consumers are not athletes. The vast majority is not engaged in prolonged vigorous activity for more than an hour. With 34 g of sugar per bottle, this drink is not a healthy choice of hydration. For people who are less active and believe that this sports drink is a healthier alternative, think again, the extra sugar and sodium is not necessary and could contribute to weight gain.

The Alternative

A healthier alternative to Gatorade when you are doing mild to moderate or short durations of physical activity is water. It is a better source for hydration because it does not contain any sugars or salt, which will help keep your daily caloric intake down.

If you are engaged in vigorous activity and are looking for a drink to replenish your electrolytes and fluid, try coconut water. Although it does not refuel your energy, it is lower in calories and higher in potassium than Gatorade. Ultimately, if you are looking for something to replenish your electrolytes and fluid then coconut water may be best, but if you are looking for something to give you a little more energy during those longer workouts (60-90 mins) then a sport drink may be better.