

Homemade Sports Drink*

*This homemade sports drink will work as effectively as store-bought drinks, but costs less. Please note that sports drinks are recommended for individuals participating in vigorous physical activity for periods of one hour or more. Please read the Health Update for more information.



Makes 1 quart

4 tablespoons sugar
¼ teaspoon salt
¼ cup boiling water
¼ cup orange juice OR 2 tablespoons lemon juice
3 ¾ cups cold water

Dissolve the sugar and salt in the boiling water. Add the juice and cold water; chill.

Nutritional Analysis: per 8-ounce serving
Calories – 55
Carbohydrate – 12g
(Cost – 7 cents)

Source: Texas A&M University Extension.