So you’ve heard time and time again that plain ol’ H2O is the best beverage, but what is the truth about all of those other beverages out there? We are here to give you the buzz on what’s true, what’s not and provide resources so you have the knowledge about proper hydration.

**Sports drinks** — These are beverages containing added electrolytes (sodium and potassium) in addition to carbohydrate (sugar). Low-calorie or zero calorie varieties are also available. These beverages are marketed to better hydrate your body because they replace the electrolytes lost through sweat during exercise. However, if you are exercising for less than 60 minutes, they are usually unnecessary and your body does not need the extra sugar. Electrolytes lost during short term exercise (<60 min) can easily be replaced with electrolytes found in food. For those who are exercising rigorously for > 60 min, you may want to consider using a sports drink. Not only will the sports drink replace lost electrolytes, salt will stimulate thirst, ensuring you drink an adequate amount of fluids. Read these articles for more information.

- Penn State sports drink article
- UW Health sports and energy drink article

**Coconut Water** — This trendy beverage has hit the markets recently as both a ‘natural’ sports drink and ‘health’ beverage. While it does contain important minerals such as potassium and magnesium, and contains less sugar than juice or soda, it still may not meet all its hype. Check out these links to learn more.

- NYT video coconut water
- Is coconut water nature’s sports drink?
**Energy Drinks** — Brands out there include Red Bull, Monster, and 5 hour Energy. Regular varieties have lots of added sugar but beware of low/no sugar added varieties as well. Many of these beverages have high amounts of caffeine that can be dehydrating and cause caffeine “jitters” (increased heart rate, anxiety, insomnia, irritability). Also, most of these drinks have supplemental ingredients that are not approved by the FDA. Read the article below to learn more!

Today's Dietitian energy drink article

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**Juicing? Detox? Cleanses?** Is juicing healthy and should I go on a detox diet to jumpstart a healthy weight loss plan? Detox diets and herbal cleanses which often involve mostly liquid diets are nutritionally inadequate and can be very dangerous. Juicing can be a great way to add in more fruits and vegetables to your diet, but you may be missing out on a valuable nutrient, fiber. Read these articles to learn more.

Today's Dietitian Detox Diet article

Food and Nutrition Juicing article

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**Overhydration?** Can you have too much of a good thing? Yes! While it’s true that many people probably don’t drink enough water, drinking excessively can result in a potentially life threatening condition known as hyponatremia. Some researchers are re-thinking whether we really need to drink ahead of thirst, or perhaps thirst is a better guide than what we once thought. These articles also point to water as the best beverage for average fitness enthusiasts and over-hydration can even occur while consuming sports drinks among marathoners.

http://www.health.harvard.edu/blog/trade-sports-drinks-for-water-201207305079