

# FOR YOUNG ATHLETES WATER IS THE BEST WAY TO REHYDRATE

## Sports Drinks and Oral Health

- Approximately 40% of Connecticut's 3<sup>rd</sup> grade students have dental decay- most of which can be prevented!
- Sports drinks are high in sugar- a single 20oz bottle contains over 80% of the recommended daily intake of sugar- that's two-thirds as much sugar as soda!
- Sports drinks often contain acidic ingredients like citric acid which also contribute to tooth decay.
- Frequent exposure to sports drinks may cause loss of tooth enamel (erosion) and/or decay. Sugars are converted to acid by bacteria in plaque. The acid dissolves the tooth enamel and can lead to tooth decay.

## Hydration in Youth Athletes

- Kids 4-8 yrs old should drink 57 oz. of water per day
- Boys ages 9-13 yrs old should drink 81 oz of water per day, Girls the same age need 71 oz/day.
- Girls ages 14-18 yrs old need 77 oz of water per day, boys the same age need 111 oz/day
- In order to ensure that young athletes stay hydrated during sports it is key they start athletic activity well hydrated- especially during the school day if training or playing sports after school
- During exercise, youth athletes should drink during EVERY break in the action- or every 15-20 minutes- and they should drink 8-15 oz at EACH of these breaks.
- Rehydration following sports activities is also crucial- complete rehydration following exercise can take up to 36 hours
- Sports drinks should be considered when a child is participating in prolonged sessions of exercise (more than 60 minutes)
- If sports drinks are used with youth athletes- consider lower-sugar options and smaller portion sizes



<http://www.ct.gov/dph>

*Volumes provided represent USDA Dietary Reference Intake (DRI) values*

