



Sports Drinks and Diabetes

Sports drinks can be a convenient way to replenish electrolytes and carbohydrates during intense physical activity. However, it's important for those with diabetes to choose the right sports drink and consume them in moderation.

Key Considerations for People with Diabetes

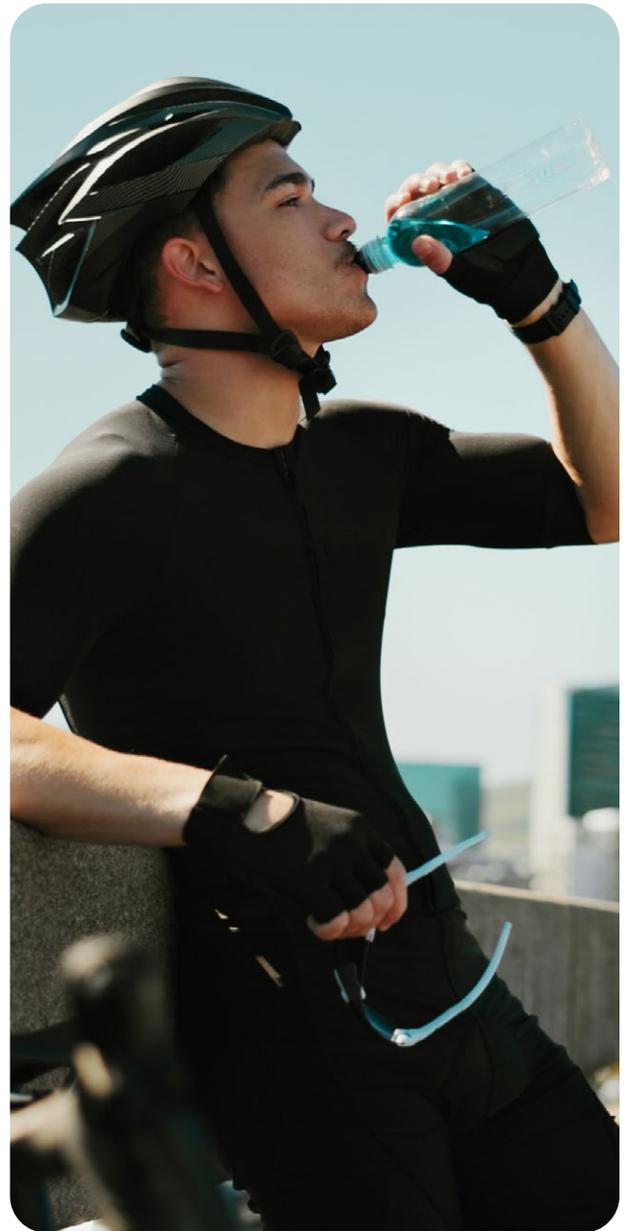
- **Carbohydrate Content:** Sports drinks are high in carbohydrates, which can significantly impact blood sugar levels.
- **Sugar Content:** Many sports drinks contain added sugars, which can further elevate blood sugar levels.
- **Electrolyte Balance:** While electrolytes are essential for hydration, excessive intake can lead to imbalances.

Choosing the Right Sports Drink

- **Low-Sugar Options:** Look for sports drinks with low sugar content or sugar substitutes.
- **Read Labels Carefully:** Check the nutrition label to understand the carbohydrate and sugar content.
- **Consult with a Healthcare Provider:** Discuss your specific needs and any concerns with your doctor or registered dietitian.

Alternative Hydration Options

- **Water:** Water is the best way to stay hydrated during light to moderate physical activity.
- **Coconut Water:** A natural source of electrolytes, coconut water can be a refreshing alternative to traditional sports drinks.
- **Homemade Electrolyte Drinks:** You can create your own electrolyte drink using water, lemon or lime juice, and a pinch of salt.





Tips for Consuming Sports Drinks

- **Timing:** Consume sports drinks during or immediately after intense exercise to replenish energy stores.
- **Portion Control:** Drink only the amount needed to replenish fluids and electrolytes.
- **Monitor Blood Sugar:** Check your blood sugar levels before and after consuming a sports drink.
- **Consult with a Healthcare Professional:** Discuss your specific needs and any concerns with your doctor or registered dietitian.

Let ADS Support Your Diabetes Journey

At Advanced Diabetes Supply (ADS) and US MED, we're committed to providing you with the highest quality diabetes supplies and care. From glucose meters to insulin pumps, we offer a wide range of products to help you manage your diabetes effectively.

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