

Sports Drinks—A Comparison

Product	What's in it?	Is it good for you?
Gatorade (8 oz.)	Calories: 50 Sugar: 14 grams Sodium: 110 mg	Contains sodium
Powerade (8 oz.)	Calories: 70 Sugar: 15 grams Sodium: 55 mg Vitamins B6, B12, Niacin	High-fructose corn syrup*
SoBe Power (8oz)	Calories: 120 Sugar: 30 grams Sodium: 15 mg Vitamin C Caffeine 30.8 mg	High-fructose corn syrup*
Red Bull Energy (8.2 oz.)	Calories: 110 Sugar: 27 grams Sodium: 200 mg Niacin, B6, B12 Caffeine: 80 mg	Contains sodium and caffeine
Propel Fitness Water (12 oz.)	Calories: 15 Sugar: 3 grams Sodium: 50 mg Vitamins C, B12, B6, Niacin	Flavored water—good if it makes you drink more often; contains sodium
Classic Coke (12 oz.)	Calories: 140 Sugar: 39 grams Sodium: 50 mg Caffeine: 34 mg	High-fructose corn syrup*, mostly empty calories

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Product	What's in it?	Is it good for you?
Diet Coke (12 oz.)	Calories: 0 Sugar: 0 (aspartame) Sodium: 40 mg Caffeine: 45.6 mg	No calories, but not much else, either
Juicy Juice (8 oz)	Calories: 120 Sugar: 25 grams Sodium: 20 mg Vitamins C, A	The sugar is natural and you get some vitamins, but mostly it's more calories
Water	Calories: 0 Sugar: 0 Sodium: 0 Caffeine: 0	The best drink for your body. You don't need something sweet every time you're thirsty.

Note: Nutritional content is for the serving sizes indicated. A 20-ounce bottle of Gatorade has 2 10-ounce servings. If you drink the whole bottle, you consume 275 milligrams of sodium.

***What's so bad about high-fructose corn syrup?**

This man-made sugar is the sweetener of choice for most drinks. Your body metabolizes it differently than other sugars, and it may slow the fat burning process and cause more weight gain than consuming ordinary sugar.

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