

THE BEST FOODS TO REPLENISH ELECTROLYTES

GET TO KNOW THE FOODS—AND ELECTROLYTES—THAT WILL KEEP YOU HEALTHY AND BOOST YOUR PERFORMANCE.

SODIUM CHLORIDE

Functions: Influences fluid regulation and allows for proper cell signaling.

Best Foods: It's not difficult to find salt in the typical diet, but some foods are obviously better choices than others. Opt for foods like celery, canned vegetables, whole grain breads and broth-based soups that deliver nutrients in addition to salt.



POTASSIUM

Functions: Works with sodium to improve nerve signaling.

Best Foods: Tomatoes, citrus fruits, melons, potatoes, bananas, milk, coconut water, avocados.



CALCIUM



Functions: Assists in muscle contraction and nerve transmission.

Best foods: Milk, sardines, cottage cheese, calcium-set tofu, mustard greens, kale.

MAGNESIUM

Functions: Activates nearly 100 enzymes in the body for proper nerve and muscle health.

Best Foods: Bran, fortified breakfast cereals, seeds, soybeans, nuts, spinach.



BEST BEVERAGES



Water is often the best choice for hydration, but during extreme temps or long workouts, replacing electrolytes and carbohydrates are key to healthy hydration.

Prepared: Specially formulated sports drinks like EAS® Hydrate and rehydration solutions like Pedialyte® contain scientifically-backed levels of electrolytes and carbohydrates for optimum fluid replacement. Get the powder stick packs to easily add to water.

Natural: While they are not designed for precise hydration, natural rehydration options include caffeine- and sugar-free drinks like herbal tea, milk and even coconut water.