

## What foods are best?

Athletes participating in prolonged exercise need water, carbohydrates and sodium. Ideally, food and sports drinks containing a combination of these nutrients are most effective.

<b>Food</b>	<b>Sodium (mg)</b>	<b>Carbohydrate (grams)</b>
Pretzels, 1 oz	352	22
Saltine crackers, 7 crackers	214	15
Kind Energy bar, 1 bar*	125	16
Brown rice cakes, 2 cakes	59	15
Fig newtons, 4 cookies	250	44
Whole wheat bread, 1 slice	146	15
Whole grain tortilla, 8"	210	18
Peanut butter, 2 tbsp	136	7
Cottage Cheese, ¼ cup	175	3
Cereal (cheerios), 1 cup	139	20
Sweet Pickles, 1/4 cup	175	8
V8 juice, 8 oz.	481	13
Campbells Soup on the go chicken with mini noodles, 1 container	979	11
Swanson chicken broth, 8 oz.	928	0.32
Gatorade, 12 oz.*	160	21
Gatorade Endurance Formula, 12 oz.*	300	21
GU Hydration Drink Mix, 1 packet*	250	18

**Source: United States Department of Agriculture. National Nutrient Database for Standard Reference, Release 27**

**\* Indicates nutritional data accessed from company website**