

## Nutritional Drinks

Balanced diet and proper hydration is very important for all the human beings, but with people doing heavy physical workout its need is more crucial. Right amount of fluid intake during the exercise session is necessary as it helps in performance and safety of the players. Regular fluid intake must be there for prolonged exercise period. Blood volume and heart working is also effected is body looses adequate water level. And if more than necessary water intake is done we can suffer from abdominal problems. So correct amount and right fluid intake is requisite for refuge against diseases. Athletes are advised to have a low fat and high carbohydrate diet and ample amount of water while training. The liquid must be without sugar and other soluble oils. These drinks should have a lesser temperature than room and must be taken frequently. Players prefer to choose the fluids giving them high calories for consistent performance. If the exercise session is three to four hours long and in the sun then the fluid used must have electrolytes because it conducts electricity and it helps is normal body working.

The players avoiding electrolytes are prone to over hydration. Teenagers consuming one or two colas daily are corpulent and have more health complications like high blood pressure and gastric problems. Excessive diet sodas and sweet sodas consumption lead to heart problems. It must be avoided by athletes and obese people. Best suitable drink to shed extra fats is green tea, as drinking it on regular basis the body produces extra heat and calories are burned. Proper care is needed to prepare green tea as by adding hot water will spoil its taste. Now days many alcoholic drinks containing calories and carbohydrates are in market. They contain calories in them but before consumption the ingredients chart must be read. People usually take wine as it is good for health, taking thirty to forty ml of wine before dinner is good for heart working and digestion of food. Doctors also prescribe people above forty to have a small quantity of wine on daily basis. This helps to keep the metabolism effective. The alcohol contains about seven calories per gram which make it very fatty liquid or we can say if we need to loose excessive fat alcohol is not a good option. Like alcohol, beer also put on the weight. As the water content in the beer is more so the body can face abdominal complications. Another most important thing to be taken care is the snacks that are taken while consumption of alcohol. If we intake cheese or other high fatty products we will surely gain weight. The essence is that the different people have effects of diet and the diet drinks so great deal of care must be taken while choosing the things.

## About the Author

Bekie Cohner is a health and wellness professional with 16 years experience helping people make the right decisions for everything from [Exercise Equipment](#) to [nutritional supplements](#).

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