

Charlotte

Nora

- Research Prime
- Research Gatorade
- Research Bio steel
- Research Powerade
- Outline:
 - For each research for each drink:
 - What's in it or the ingredient list?
 - What does it advertise or promise to do?
 - What experts say about it?
 - Experiment setup
 - Our Hypothesis - we hypothesize that sports drinks are not good for you, while electrolytes and some stuff in sports drinks may be good for you it is not a good idea to have a bunch of sugar while doing something active.
 - Who are we testing? When? Do we test twice?
 - How do we score? Scale questions (1-5)? Pictures or hands? How many kids? Which kids?
 - Skin Pinch Test: Use two fingers to pinch the skin on the top of your hand. If it snaps back to its normal position, you're hydrated.
 - Experiment results
 - How to show? Graph?
 - Our final thoughts
 - Is our hypothesis correct?

References

TO DO:

Create Board and presentation!!!!!!!!!!!!!!

9 dangers of sports drinks - the daily meal

<https://www.thedailymeal.com/9-negative-effects-sports-drinks/101113/>

The Academy of Nutrition and Dietetics and the American College of Sports Medicine are in agreement. Both only recommend the use of sports drinks for intense exercise lasting more than an hour. For the average athlete, one who isn't training for a triathlon, sports drinks are not the best choice.

9 Negative Effects Of Sports Drinks (Slideshow)

istockphoto.com

Juliet Tierney|Oct. 11, 2013 4:00 pm EST

Just one 32-ounce bottle of Gatorade or Powerade can contain 200 calories and a whopping 52.5 grams of sugar. This means that chugging back a bottle of the stuff can add significant calories to your diet. So if you're drinking a sports drink as a casual athlete, you're likely drinking more calories than you're burning off.

Sports drinks don't actually quench your thirst as advertised.

Read More: <https://www.thedailymeal.com/9-negative-effects-sports-drinks-slideshow/>

Fluids to help rehydrate the body.

<https://gatorade.ca/pages/backed-by-science>

A 20-ounce serving of Gatorade's Thirst Quencher contains 36 grams of sugar. While that's a bit less sugar per ounce than your average soda, it's not exactly healthy.

1 Serving Per Container

Serving Size

1 Bottle (360 mL)

Amount Per Serving

Calories

80

% Daily Value *

Total Fat

0 g
0%

Sodium

160 mg
7%

Total Carbohydrate

22 g
8%

Total Sugars

21 g

Includes Added Sugars

21 g
41%

Protein

0 g

Potassium

50 mg
0%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, and iron.

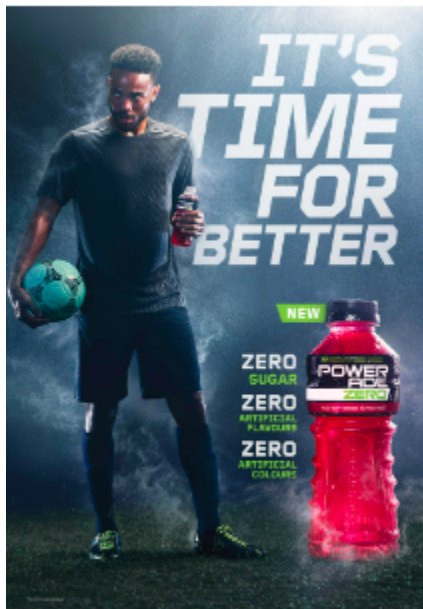
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 Calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Power-Aid

-Note that the flavor used in this research is strawberry lemonade. Ingredients may differ when other flavors are researched.



In this advertisement they claim that there is zero sugar in Powerade. While researching nutritional facts we found that Powerade actually has 15.2g of in each serving. The advertisement also states that no artificial flavors or colors are used. Research showed us that Powerade contains both natural and artificial flavors, as well it contains artificial colors, serving no nutritional purpose but adding extra visual appeal.

https://www.google.com/search?q=powerade+advertizment&oq=powerade+advertizme nt&aqs=chrome..69i57j0i13i512j0i390i512i650l2j0i751j0i512i546.10202j0j15&sourceid=chrome&ie=UTF-8#vhid=Vm0BZGyhORYDvM&vssid=_3guxZ4vuJKnA0PEPheq0yA4_46

<https://www.google.com/search?q=does+powerade+have+artificial+flavors&oq=does+p owerade+have+artificial+flavors&aqs=chrome..69i57j0i22i30l4j0i390i512i650l2j0i512i546l3.18238j0j15&sourceid=chrome&ie=UTF-8>

<https://www.coca-cola.com/ca/en/brands/powerade/products/powerade#accordion-31f8add464-item-b59f3fa7b7>

<https://www.google.com/search?q=does+powerade+have+atificail+colors&oq=does+po werade+have+atificail+colors&aqs=chrome..69i57j0i13i512j0i22i30j0i390i512i650l5j0i751j0i512i546.16688j0j15&sourceid=chrome&ie=UTF-8>

Nutrition Facts

Serving Size

1 cup (248g)

Calories

79

% Daily Value *

Total Fat 0.12g 0%

Saturated Fat 0.02g 0%

Trans Fat --g

Cholesterol 0mg 0%

Sodium 104.2mg 4%

Total Carbohydrate 19.4g	7%
Dietary Fiber 0g	0%
Total Sugars 15.2g	30%
Includes --g Added Sugars	--%
Protein 0g	0%
Vitamin C 0mg	0%
Vitamin D 0 mcg	0%
Iron 0.22mg	1%
Calcium 2.5mg	0%
Potassium 44.6mg	1%
Phosphorus 2.5mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

-- = missing data

Source

Settings

Blood Sugar Index

99Poor

This food is very high in carbohydrates and sugar relative to the fiber, protein, and fat. Limit portions of this food.

Weight Loss

Muscle Gain

Nutrient Density

PRAL score

-0.88

Inflammation Index

13

Amino Acid Score

0%

Potassium/Sodium

0.43

Where do the calories come from?

79 Calories

A donut chart showing which nutrients contribute to the caloric total. There are 79 calories in Sports Drink (Powerade) coming from 0% protein, 100% carbs, 0% fat, and 0% alcohol.

0%Protein

100%Carbs

0%Fat

0%Alcohol

What is this food made of?

A pie chart showing the macronutrient components for Sports Drink (Powerade). This food consists of 92.1% water, 0% protein, 7.9% carbs, 0.1% fat, and 0% alcohol.

92.1%Water 227.9g

0%Protein 0g

7.9%Carbs 19.4g

0.1%Fat0.12g

0%Alcohol 0g

Detailed Nutrition Facts

Biosteel

https://www.isitbadforyou.com/questions/is-biosteel-bad-for-you#google_vignette

Biosteel may causes bloating uncomfortable digestives and dehydration
Also says that biosteel does not hydrate like water and is falsely advertised as a hydration drink but it does not hydrate

Nutrition Facts Valeur nutritive

Per Container (500 mL)
pour contenant (500 mL)

Calories 10

% Daily Value*
% valeur quotidienne*

Fat / Lipides 0 g	0%
Saturated / saturés 0 g	
+Trans / trans 0 g	0%

Carbohydrate / Glucides 1 g	
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%

Protein / Protéines 0 g

Cholesterol / Cholestérol 0 mg

Sodium 230 mg	10%
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Potassium 225 mg	5%
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Calcium 50 mg	4%
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Iron / Fer 0.1 mg	1%
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Magnesium / Magnésium 25 mg	6%
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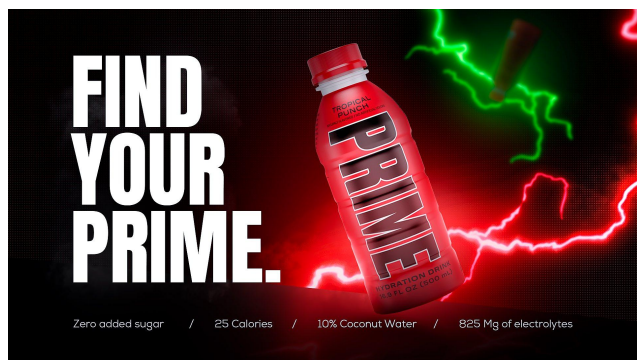
*5% or less is **a little**, 15% or more is **a lot**

*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Water, Citric Acid, Electrolytes (Sodium Citrate, Potassium Citrate, Calcium Carbonate, Magnesium Carbonate, Sea Salt), Natural Flavours, Stevia Leaf Extract.

Prime

Please note that the flavor used in this ingredient chart is orange. The ingredients may differ slightly with other flavors.



In this advertisement they claim that zero sugar was added, while there is 2g of sugar in each serving there is 0g of added sugars. While they claim there are 25 calories, our research showed that there are 20 calories in each serving. They claim that the drink is 10% coconut water and contains 825 mg of electrolytes. Research showed that prime is in fact 10% coconut water, and also contains 825 mg of electrolytes. While 850 mg seems like a good amount of electrolytes for training in a sport, studies show that you should consume an average of 500 mg per hour if any at all, studies also show that no individual should consume more than 2,300 electrolytes per day. On the back of a bottle of prime there are recommendations that no one under the age of 18 should be drinking a bottle of prime, especially not on a daily basis. Most young kids who drink prime are influenced by fortnight, a videogame containing prime in it.

<https://www.metromarket.net/p/prime-orange-sports-drink-bottle/0085000356042#:~:text=Filtered%20Water%2C%20Coconut%20Water%20from,a>

https://www.google.com/search?sca_esv=04aea7790000e282&q=prime+drink+advertisements&udm=2&fbs=ABzOT_CWdhQLP1FcmU5B0fn3xuWpA-dk4wpBWOGsoR7DG5zJBtmuEdhfywyzhendkLDnhcoz2MIB1dVLatL09WpR-ccvCtXxLsflwELstGgc_oBVxoK4Y7T8UZBBji5dx0E-6JCZtb88GLEioJvf13V8cdv9FYgiL5szuOUJ0w6xwrJWcyDs6JuHP_xCa0SbN996ttYO3TvnwAq2QD8lAs5lRRpoX6hrnw&sa=X&ved=2ahUKEwiTmY602MaLAXVeFTQIHZSqNLUQtKgLegQIExAB&biw=1366&bih=689&dpr=1

https://www.google.com/search?sca_esv=04aea7790000e282&q=prime+drink+advertisements&udm=2&fbs=ABzOT_CWdhQLP1FcmU5B0fn3xuWpA-dk4wpBWOGsoR7DG5zJBtmuEdhfywyzhendkLDnhcoz2MIB1dVLatL09WpR-ccvCtXxLsflwELstGgc_oBVxoK4Y7T8UZBBji5dx0E-6JCZtb88GLEioJvf13V8cdv9FYgiL5szuOUJ0w6xwrJWcyDs6JuHP_xCa0SbN996ttYO3TvnwAq2QD8lAs5lRRpoX6hrnw&sa=X&ved=2ahUKEwiTmY602MaLAXVeFTQIHZSqNLUQtKgLegQIExAB&biw=1366&bih=689&dpr=1

<https://www.google.com/search?q=how+many+electrolights+are+in+prime&oq=how+many+electrolights+are+in+prime&aqs=chrome..69i57j0i13i512l3j0i22i30l6.12586j0j15&sourceid=chrome&ie=UTF-8>
<https://highfive.co.uk/blogs/guides/electrolyte-benefits#:~:text=How%20Many%20Electrolytes%20Do%20Athletes,exceed%202%2C300%20mg%20per%20day.>

Nutrition facts

Serving size 16.9 fl oz (500ml)

Amount per serving

Calories 20

Total fat 0g	0%
Trans fat 0g	0%
Saturated fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total carbohydrate 5g	2%
Dietary fiber 0g	0%
Sugar 2g	0%
Added sugar 0g	0%
Protein 0g	0%

Calcium 0mg	0%
Iron 0mg	0%
Magnesium 124 mg 30%	
Potassium 700mg	15%
Vitamin A 900 mcg 100%	
Vitamin D 0mcg	0%
Vitamin E 15mg	100%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Prime

dehydration, digestive issues, insomnia, anxiety, irritability, shakiness, and increased heart rate.dehydration, digestive issues, insomnia, anxiety, irritability, shakiness, and increased heart rate.dehydration, digestive issues, insomnia, anxiety, irritability, shakiness, and increased heart rate.dehydration, digestive issues, insomnia, anxiety, irritability, shakiness, and increased heart rate.dehydration, digestive issues, insomnia, anxiety, irritability, shakiness, and increased heart rate.