

Scenario summary

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Scenario/Summary

Water: An Overlooked Essential Nutrient Introduction I am a high school presently being in a law firm in order to get exposure regarding workplace environment. Hydration is a critical topic and is of importance since the body entirely depends on it for survival (Skinner, 2009). This is evident from the fact that all cells, tissues as well as organs rely water to function effectively. Without water, they will cease from functioning, hence leading to death.

Comparing Water, Gatorade, and Powerade

Daily recommendation

Water is lost daily from bodies through various body processes. Therefore, one ought to consume 8-ounce, 8 glasses of water each day. This adds up to almost 1.9 liters of fluid a day. Gatorade also goes alongside with water to enhance hydration. Gatorade contains 100 calories per serving and the daily intake of sugars is quite commendable at 40-50 grams. Powerade is high in sodium and sugar whereby the intake of the former is essential though at 1500-2300 mg each day.

Nutrient Content

Water does not contain any additional nutrients for it lacks proteins, carbohydrates as well as fats. However, it absorbs other minerals embracing calcium, magnesium together with sodium besides providing them to the body. Powerade however contains a elevated percentage of calories unlike water, which contains none. It also has 14 gm of carbohydrates over and above sodium 100 mg. Gatorade also comprises of minerals that include nutrients explicitly vitamins, proteins as well as carbohydrates.

Varieties/Sources

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There are two main sources of water including surface and ground water. Surface water is that found in large water bodies, for instance, lakes and rivers. Ground water is that which is under the earth surface. Varieties of water range from tap and municipal water, de-ionized water, to that distilled. Gatorade exists in a number of varieties including Gatorade G, Gatorade AM, Gatorade Fierce on top of Gatorade X factor and Gatorade G2. There are two types of Powerade. Powerade IONz4 replaces sodium and carbohydrates lost during exercises whereas Powerade Zero is useful after light exercises as it rehydrates the body without adding any calories. The two types contains many flavors such as berry, cherry, fruit punch, melon, orange, melon, as well as grape and lemon lime.

Cost

The cost of a single Gatorade bottle, Powerade, or water varies significantly according to the size of the bottle and store of purchase. According to prices on Amazon, Powerade 20 Oz Variety 24 Pack goes for \$38. Gatorade 20 Oz variety 24-pack price differs depending on the varieties hence ranging from \$26. 99 to \$36. 56. The same amount of water ranges from \$1 to \$62.

Generally, water is the cheapest option followed by Gatorade then Powerade.

Advantages of consumption

Water is a solution to the problems that come with dehydration such as headaches and fatigue. Unlike Gatorade, which promotes weight increase, water, actually helps one cut on weight. Consuming water daily fastens toxin removal and ensures healthy skin and teeth.

Gatorade suns dehydration thus protecting the body from various effects of dehydrations including dizziness and low blood pressure (Shirreffs, 2009). It

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also shuns muscle cramping as it has mineral potassium. Because of its sweet taste, people crave for more as they rehydrate.

Powerade has similar advantages with Gatorade in the sense it replenishes lost electrolytes in the body, hence reducing muscle cramps probability. In addition, it has carbohydrates that ensure they provide enough energy (Shirreffs, 2009). It also contains B-complex vitamins that enhance energy metabolism. 8n

Safety levels

Unlike Gatorade and Powerade, plain water does not contain any form of sugars. Powerade consumption should be limited in order to avoid tooth decay or gain in weight. Therefore, people should consider taking water instead of the sports drinks more often unless a lot of exercise is involved. If the sports drinks are necessary, say for the taste, low calorie versions are more favorable.

Disadvantage of consumption

Intake of much water can lead to reduced sodium levels in the body (Skinner, 2009). It therefore affects the level of electrolytes that send signals hence enabling control of body functions. It also contributes to kidney damage since they will be overworked as they constantly try to get rid of excess water.

Gatorade and Powerade have the same disadvantages since they have high levels of sugar (Skinner, 2009). They cause tooth decay since they contain citric acid and 34 grams of sugar in every bottle. Gatorade also reduces testosterone, which eventually contributes to reduced athletic ability.

Consuming too much sugar before an exercise could result into stomach upsets. In addition, the sugar in Gatorade and Powerade may lead to obesity.

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Conclusion

Water may not contain as many additional nutrients as Powerade and Gatorade. It however has minerals, which are useful to the body. In addition, it hydrates the body hence enhancing good health.

Recommendation

I recommend water as the preferred choice for the law firm. This is because of lacks adverse disadvantages compared to other sports' drinks. This is evident from the fact Gatorade and PowerAde contains sugars, which pose harm to health. In addition, it is cheaper to acquire evident from the fact that it is naturally available and goes through less processing procedures compared to the sports' drinks. Water has zero calories and sugars hence it will be useful to everyone at the law firm.

References

Skinner, R. (2009). Drink to Your Health. Volleyball (10584668), 20-21.

Shirreffs, S. (2009). Hydration in sport and exercise: water, sports drinks and other drinks. Nutrition Bulletin, 34(4), 374-379. DOI: 10. 1111/j. 1467-3010.

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