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THE HYDRATION INDEX (BHI) →

YOUR DRINK CHOICE MATTERS

NOT ALL DRINKS HYDRATE EQUALLY.
SCIENTISTS MEASURED HOW LONG 13 DRINKS
KEPT YOU HYDRATED. THE RESULTS ARE NOT AS
EXPECTED!



These common drinks performed no better than still water in terms of fluid retention:

- Cola & Diet Cola
- Hot Tea & Iced Tea
- Coffee
- Lager Beer (4% ABV)
- Sports Drinks (e.g., Powerade)
- Sparkling Water
- Orange Juice (initially good, but similar to water by 4 hours)

Insight: Moderate caffeine (96 - 212mg) and alcohol (4% ABV) at these doses did not significantly increase urine output compared to water.

**HYDRATING, BUT
NO BETTER THAN
WATER**



THE TOP HYDRATORS (RETAIN FLUID LONGEST)

These drinks led to significantly less urine output than still water, indicating superior fluid retention

- Skimmed Milk (BHI 1.58)
- Oral Rehydration Solution (ORS)
(BHI 1.54) - AVAILABLE AT MOST
PHARMACIES FOR UNDER £1
- Full-Fat Milk (BHI 1.50)

Why? Their high content of electrolytes (Sodium, Potassium) and macronutrients (Protein, Fat, Carbs) slows gastric emptying and aids water retention in the body.





WHEN TO CHOOSE YOUR HYDRATOR

Long-Game Hydration (Matchday, tournaments, double sessions):

Choose milk or ORS when you need to stay hydrated for hours without breaks (long matches, travel, or intense training blocks).

Daily Hydration (Single training, when started well hydrated):

Water, coffee, tea, and sports drinks work for regular sessions, but don't improve fluid retention beyond water if you're already hydrated.

Electrolytes Matter (Anytime you've sweated heavily or trained in heat):

Sodium, potassium, and some carbs/protein help fluids stay in the system longer, keeping you performing at your best.





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FUEL YOUR HYDRATION STRATEGY

- Your Action: Don't just drink fluid—think about what fluid. If sustained hydration is your goal, reach for milk or ORS.
- Remember: While all these drinks hydrate, some keep you hydrated for longer.
- Ready to optimise your total hydration strategy for performance? DM 'HYDRATE' to learn more.





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THIS IS THE PROTOCOL. YOUR NUMBERS ARE DIFFERENT.

Your body weight. Your training schedule.
Your match frequency. Your gut tolerance.

A personalised hydration plan takes one conversation.

Book a free 15-minute nutrition audit.
No pitch. No obligation.

Three things you can fix this week, whether you sign
up or not.

CLICK HERE TO GET YOUR
FREE 3-STEP
NUTRITIONAL AUDIT





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And I've built a guide for that too. Head over to peakfuelling.com to have a look at our other resources.

We have resources to help:

Matchday Fuelling

Recovery

Hydration

and to see where your performance is being held back.

CLICK FOR MORE
RESOURCES.

**WHAT HAPPENS
BEFORE THE FINAL
WHISTLE
MATTERS AS MUCH AS AFTER**



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HOW IS YOUR HYDRATION?

DM "HYDRATE" for tips

Happy
Training!