

# Count Your CUBES!

## CAFFEINE CONTENT IN BEVERAGES

CAFFEINE IS ADDED TO MANY SUGARY DRINKS. YOU DON'T NEED CAFFEINE IN YOUR DRINKS EITHER.

When a child drinks a can of cola, the caffeine has the same effect as an adult drinking 4 cups of instant coffee!\*

Caffeine is an addictive stimulant that can affect the way you feel. Even low levels of caffeine can affect your behaviour.

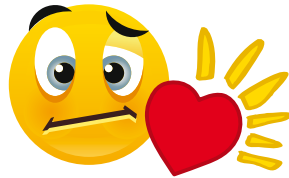
If you see these words on an ingredient list, the product has caffeine and should not be given to children: caffeine, coffee, tea, green tea, yerba, yerba mate, mate, or guarana.

THESE DRAWINGS SHOW SOME OF THE SYMPTOMS OF TOO MUCH CAFFEINE. IF YOU HAVE SOME OF THESE SYMPTOMS, IT COULD BE FROM THE CAFFEINE IN DRINKS.

mind wandering



heart beating too fast



headache



more trips to the bathroom



tired/trouble sleeping



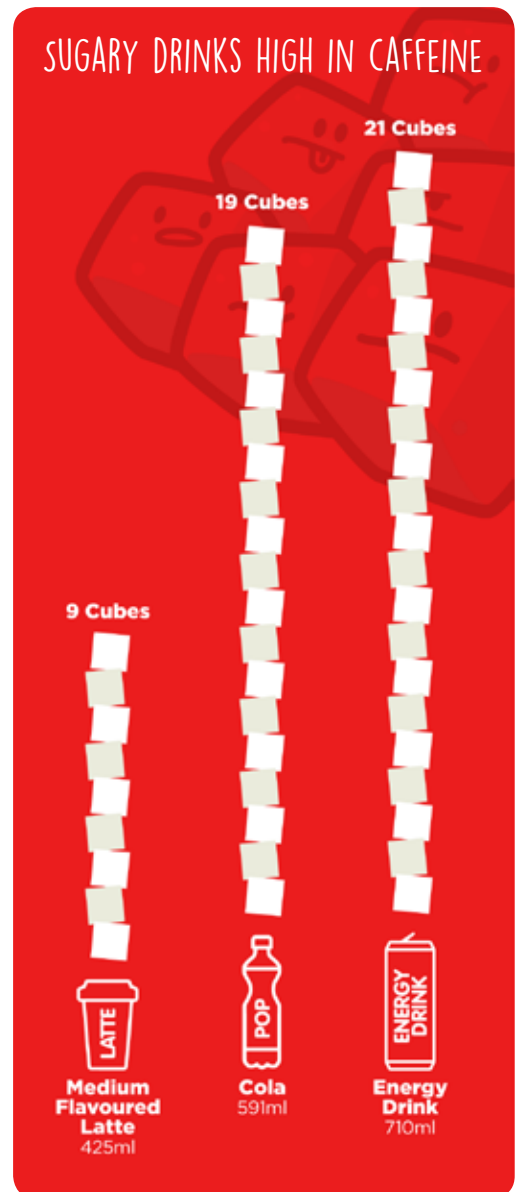
feeling sick



fidgety and restless



irritable and anxious



\*Reference: Bunker ML, McWilliams M., Caffeine Content of Common Beverages. J Am Diet Assoc. 1997; 74:28-32

HEALTH PROFESSIONALS SUGGEST CHILDREN AGED 7-12 GET NO MORE THAN 65-85 MG OF CAFFEINE PER DAY.