**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.**

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**SUGAR DRINKS HIGH IN CAFFEINE**

- **21 Cubes**
  - Medium Flavoured Latte 415ml
  - Energy Drink 750ml
- **19 Cubes**
  - Cola 595ml
- **9 Cubes**
  - *Reference: Health Professionals Suggest Children Aged 7-12 Get No More Than 65-85 mg of Caffeine Per Day.**

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