

Count Your CUBES!

NO NEED FOR ENERGY DRINKS!

Energy drinks are high in caffeine (and sugar).
You don't need energy drinks at all.

You may have seen extreme sports (such as car racing) in advertising for energy drinks. The ads suggest energy drinks boost performance.

The reality is that energy drinks have a lot of sugar, they can have as much sugar as pop and are high or very high in caffeine.

Caffeine Check!

- ▶ Energy drinks come in containers that are much larger than 250 mL. The smallest size is 355 mL and the largest (and most popular) is 710 mL - so that is 227 - 375 mg caffeine.
- ▶ Although it appears that coffee has more caffeine than energy drinks, it is important to remember that children do not tend to drink coffee! But energy drinks are a popular beverage choice for kids.

THINK ABOUT IT!

- ▶ **One 500 mL** can of an energy drink contains at least 260 mg of caffeine. That is more than **three times** the suggested daily limit of caffeine for 7- to 12-year olds.
- ▶ Many energy drinks also have additives such as guarana and taurine. These additives have never been tested in children.
- ▶ **The quick** burst of energy they get from the high sugar content is usually followed by an **energy crash**.
- ▶ Health professionals suggest children aged 7 to 12 get no more than 65 to 85 mg of caffeine per day.
- ▶ So... **one 591 mL bottle** of cola has all the caffeine a child should have in one day.

Do you know how much caffeine is in these drinks?

Drink 250 mL (1 cup)	Caffeine (mg/250 mL*)
Coffee (regular)	126 - 191
Energy drink	130 or more
Tea (black or green)	8 - 57
Cola	25 - 32
Chocolate milk	7
Coffee (decaf)	3
Herbal (caffeine-free) tea	0



That's over
4x
the daily limit
for caffeine
for children

ENERGY DRINKS ARE A POPULAR BEVERAGE CHOICE FOR KIDS YOUR AGE. THEY OFTEN CHOOSE THE LARGE CAN THAT HAS A WHOPPING 375 MG OF CAFFEINE!

*Averages stated; actual amounts will vary by brand