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## Sports Drinks and Energy Drinks: A Growing Concern for Children and Youth

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### Key Messages

- Sports drinks have a specific role in the diet of young athletes who are engaged in prolonged vigorous sports activity – however water is more appropriate for most children engaged in routine physical activity.
- Energy drinks pose potential health risks primarily because of stimulant content – they are not appropriate for children and adolescents.
- The body's need for energy in the form of carbohydrate and other dietary fuel sources is best provided through balanced nutrition. Getting nutrients from food should be encouraged.
- New regulations for energy drinks in Canada will make it easier to get nutrition information for these products and will put limits on some ingredients, especially caffeine.

### Introduction

Sports drinks and energy drinks are a large and growing beverage market in Canada and North America. As their popularity continues to increase, there is growing concern about the intake of these beverages by children and adolescents. Although sports drinks and energy drinks are not the same, children and adolescents do not differentiate between the two, they cite the same benefits for both and are not aware of the potential health risks involved in consuming energy drinks in particular.

Some groups are concerned that energy drinks are not adequately labelled and regulated, that they may have harmful effects from large amounts of caffeine and that although they are meant for adults, their marketing campaigns appeal to children and youth. The beverage industry disagrees, claiming that Canadian regulations for these products are some of the most stringent in the world and that labelling clearly states they are not appropriate for children.

In this issue of *Nutrition File™ for Health Educators* we will look at sports drinks and energy drinks and their appropriateness for children and youth, as well as the new proposal announced by Health Canada for the management of energy drinks.

### Sports Drinks

Sports drinks are carbohydrate electrolyte solutions designed specifically to replace energy, electrolytes, and fluids lost as a result of intense physical exercise.<sup>1,2</sup> Their main purpose is to prevent dehydration and thereby optimize athletic performance.<sup>1,2</sup> Table 1 highlights popular sports drinks available in the Canadian market.



### Ingredients

There are four main ingredients in sports drinks: water, carbohydrate, electrolytes and flavour. Most sports drinks are 90-96% water in order to replace sweat losses following intense exercise.<sup>1,2</sup> Carbohydrate is added to provide energy for working muscles.<sup>1,2</sup> Research shows that carbohydrate supplementation during prolonged endurance and high intensity exercise is beneficial, resulting in a decreased rating of perceived exertion and perception of fatigue<sup>3</sup>, prolonged time to exhaustion<sup>4</sup> and faster time trials.<sup>5</sup> In order to realize



Table 1: Ready to Drink Sports Drinks in Canada

Product (portion sold)	Timing	Calories per portion sold	Carbohydrate (g) per portion sold	Sodium (mg) per portion sold	Potassium (mg) per portion sold
Gatorade Prime (118 ml)	Pre-exercise	100	25	110	30
Gatorade Perform (710 ml)	During exercise	180	45	300	80
Powerade ION4 (710 ml)		150*	41*	300*	75*
G2 Gatorade Perform^ (710 ml)		57	14	327	85
Powerade Zero^ (710 ml)		0	0	170	99
Gatorade Recover (500 ml)	Post-exercise	120	14	230	70

\*averages based on several flavours

^low calorie

these benefits, the sports drink must leave the gastrointestinal tract and enter the blood stream rapidly. Solutions with 4-8% carbohydrate (40 to 80 grams of carbohydrate per litre) empty and are absorbed as quickly as water, higher concentrations require longer to be absorbed.<sup>6</sup> Usually multiple types of carbohydrate are used (glucose, sucrose, fructose, glucose polymers and maltodextrin) to enhance the rate of intestinal absorption.<sup>7</sup> Sodium is the primary electrolyte lost in sweat therefore it is also the main electrolyte added to sports drinks; others include potassium, magnesium, chloride and calcium. Sports drinks should contain at least 300 to 700 mg of sodium per litre.<sup>1,2</sup> Adding flavour to sports drinks improves palatability which increases voluntary drinking thereby improving hydration.<sup>8,9</sup>

More recently, product offerings have expanded to include low calorie sports drinks, pre-exercise sports drinks to provide fuel for activity and post-exercise sports drinks which contain protein for muscle recovery. In a 2009 position paper on nutrition and athletic performance, The American Dietetic Association, Dietitians of Canada and the American College of Sports Medicine provide general guidelines for maintaining fluid and electrolyte balance before, during and after exercise.<sup>1</sup> The guidelines will not be covered in this article.

and adolescents, research shows that flavoured beverages provide better hydration during exercise than plain water by increasing the amount of fluid voluntarily consumed.<sup>8,9</sup> However, it is also important to note that even when children consumed plain water they rarely became dehydrated.<sup>8,9</sup> Although it is recognized that young athletes can benefit from using sports drinks, for the average child engaged in routine physical activity the use of sports drinks in place of water is generally unnecessary.<sup>11</sup>

### When is a sports drink necessary?

Over the years, the popularity of sports drinks has stretched beyond the athletic community and become popular with the main stream. They are readily available in grocery stores, convenience stores, canteens and vending machines. This begs the question, when is a sports drink necessary? Sports drinks can benefit exercise that is 45-50 minutes or longer, very intense, done in hot and/or humid climates and done in protective sports equipment.<sup>10</sup> For children



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- Very intense
- Done in hot and/or humid climates
- Done in protective sports equipment

### Did you know?

The first sports drink was Gatorade®. It was invented in 1965 at the University of Florida to prevent dehydration and other heat related illnesses which had resulted in performance issues for the Florida Gators football team.

With children and adolescents, special consideration is required when selecting a beverage, for hydration or otherwise, to prevent excessive sugar and caloric intake that may encourage dental erosion, overweight and obesity.<sup>11</sup> Although considered safe and recommended for all ages, sports drinks should not be consumed by children and youth on a regular basis as they add empty calories and replace more nutrient dense beverage options like milk and fruit juice. To maintain hydration, generally it is recommended to give children regular drinking opportunities whenever they are active and offer palatable beverages to encourage drinking.<sup>11</sup>

### Energy Drinks

Energy drinks are beverages that supply mental and physical stimulation for a short period of time.<sup>13</sup> They contain medicinal ingredients including caffeine, taurine and vitamins as well as non-medicinal ingredients such as carbonated water, sugar, artificial sweetener and colour. Energy drinks are available in a wide range of flavours, formulations and formats. Table 2 provides nutrition information for energy drinks as available from product labels and Canadian product websites.

Table 3 is a list of Health Canada's verified health claims for common medicinal ingredients in energy drinks which are available from single ingredient monographs in the Natural Health Products Ingredient Database.<sup>14</sup> These claims are supported by research. Any other health

## Did you know?

*The over-consumption of sugar-sweetened beverages\* is thought to be associated with childhood obesity.<sup>12</sup>*

*To help children maintain a healthy body weight, Canada's Food Guide recommends limiting their intake of soft drinks and other sweetened beverages. Children and youth should be encouraged to quench their thirst with water.*

*\*Sugar-sweetened beverages are liquids that are sweetened with various forms of sugars (monosaccharides and/or disaccharides) thereby adding calories, but are low in nutrients. These beverages include, but are not limited to fruit flavoured drinks, soft drinks, sports and energy drinks, and sweetened hot or cold drinks.*



claims that are used by manufacturers to promote their products have not been verified. For example, research does not support common energy drink claims that taurine has mental stimulatory effects or that it enhances exercise performance. Guarana and Yerba Mate do not have verified health claims, however these ingredients contain natural levels of caffeine and caffeine does have a verified health claim.

It should be noted that some of these ingredients may interact with medications.

### Ingredients

Caffeine is the main active ingredient in energy drinks. Caffeine is declared in the ingredient list as a separate ingredient, however additional caffeine derived naturally from other ingredients may not be. Some of the caffeine in energy drinks may come from herbs such as guarana and yerba mate. By law, caffeine does not have to be listed on labels unless it has been added to the product separately as a pure substance.<sup>15</sup> Therefore, the total amount of caffeine in an energy drink may in fact be higher than the amount stated on the label.

It is well known that too much caffeine can cause side effects such as restlessness, anxiety, nervousness, insomnia and irritability in sensitive individuals; at higher doses caffeine is known to cause more serious effects, although individual tolerance levels differ greatly.<sup>15</sup> Adverse reactions related to the



Table 2: Nutrient Information for Common Energy Drinks in Canada

	Product (portion sold)	Calories per portion sold	Sugar (g) per portion sold	Caffeine (mg) per portion sold
<b>Regular</b>	AMP Energy Power (473 ml)	220	58 grams CHO	142
	Canadian Beaver Buzz Energy (355 ml)	190	46	188
	Full Throttle (473 ml)	230	56	141
	Java Monster Coca Moca (444 ml)	N/A	N/A	190
	Inked Energy (473 ml)	N/A	N/A	150
	Monster Energy (473 ml)	N/A	N/A	164
	Monster Energy Extra Strength Nitrous Technology (340 ml)	153	36	163
	Monster Import (550 ml)	N/A	N/A	233
	NOS Energy Drink (473 ml)	210	53	194
	Red Bull (473 ml)	N/A	N/A	151
	Red Rain (250 ml)	N/A	N/A	80
	Rockstar Original (473 ml)	N/A	N/A	160
	Saskatoon Beaver Buzz Energy (355 ml)	190	46	188
	<b>Low-calorie</b>	Monster Energy Absolutely Zero (473 ml)	0	0
NOS Sugar Free (473 ml)		20	N/A	194
Premium Pink Energy Sugar Free (355 ml)		0	0	120
Rockstar Sugar Free (473 ml)		0	0	160
Red Bull Sugar Free (355 ml)		14	0	114
Xenergy Sugar Free (473 ml)		N/A	N/A	180
<b>Shots</b>	5 Hour Energy (57 ml)	4	0	190
	5 Hour Energy Extra Strength (57 ml)	4	0	220
	Red Bull Energy Shot (59 ml)	N/A	N/A	80



**Table 3: Health Canada's Verified Health Claims for Common Medicinal Ingredients in Energy Drinks.<sup>14</sup>**

Medicinal Ingredients	Verified Health Claim
<b>Caffeine</b>	Helps temporarily to promote alertness and wakefulness and to enhance cognitive performance. Helps temporarily to relieve fatigue, to promote endurance, and to enhance motor performance. Used temporarily as a mild diuretic.
<b>Folic Acid</b>	Helps to reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy. Helps the body to metabolize protein. Helps to form red blood cells.
<b>Ginkgo Biloba (leaf extract)</b>	Helps to enhance cognitive function in adults. Helps to enhance memory in adults. Helps to support peripheral circulation.
<b>Ginseng, Panax (root extract/Oriental ginseng extract)</b>	Used in herbal medicine as supportive therapy for the promotion of healthy glucose levels. Used in traditional Chinese medicine to reinforce qi, benefit the spleen and lung, relieve symptoms of thirst due to impairment of body fluids and internal heat. Used in herbal medicine to help support cognitive function and/or reduce mental fatigue (in cases of mental stress). Used in herbal medicine to help enhance physical capacity/performance (in cases of physical stress).
<b>Guarana* (Paullinia cupana)</b>	A natural source of caffeine made from the seeds of a South American tree. See verified health claim for caffeine.
<b>Milk Thistle (seed extract/ silybum marianum)</b>	Traditionally used in herbal medicine as a liver protectant. Used in herbal medicine to help to support liver function. Used in herbal medicine to help relieve digestive disturbances/dyspepsia.
<b>Niacin/Niacinamide</b>	Helps the body to metabolize carbohydrate, fat and protein. Helps normal growth and development.
<b>Pantothenic Acid</b>	Helps the body to metabolize carbohydrate, fat and protein. Helps in tissue formation.
<b>Riboflavin</b>	Helps the body to metabolize carbohydrate, fat and protein. Helps in tissue formation.
<b>Vitamin A</b>	Helps to maintain eyesight, skin, membranes and immune function. Helps in the development and maintenance of night vision. Helps in the development and maintenance of bones and teeth.
<b>Vitamin B6 (Pyridoxine HCl)</b>	Helps the body to metabolize carbohydrate, fat and protein. Helps in tissue formation.
<b>Vitamin B12 (Cyanoco-balamine)</b>	Helps the body to metabolize carbohydrate, fat and protein. Helps to form red blood cells.
<b>Vitamin E</b>	An antioxidant for the maintenance of good health.
<b>Yerba Mate* (leaf extract/ilex paraguariensis St. Hilaire)</b>	A natural source of caffeine made from the leaves of a South American plant. See verified health claim for caffeine.

\* no product monograph

consumption of energy drinks have also been reported. Recently, Health Canada reviewed the research on the potential adverse effects of caffeine. They found that compared to the general adult population, children and women of child bearing age are at increased risk for possible behavioural effects from caffeine and, therefore, made new recommendations for maximum daily caffeine intake (Table 4).<sup>15,16</sup>

Energy drinks in Canada, typically contain between 80 mg and 230 mg of caffeine per can, according to product labels, which is comparable to 1-2 regular cups of coffee. Consuming just one energy drink (one single serving or one can) would put a child or a small adolescent over their recommended daily maximum intake.

The amount of sugar in energy drinks is difficult to determine as it is not stated on the label or on many of the Canadian product websites. However, from the ingredient list it is apparent that a variety of sugar sources are used including sucrose and glucose as well as artificial sweeteners like Acesulfame Potassium (Ace K), Aspartame and Sucralose. These sweeteners have been approved for use by Health Canada for all age groups with the caution that products with artificial sweeteners not replace more nutrient dense foods.<sup>17</sup>

Herbs such as ginseng and Gingko biloba are often added to energy drinks to improve mental alertness, however scientific

**Table 4. Health Canada Recommendations for Maximum Daily Caffeine Intake.**<sup>15,16</sup>

<b>Children aged 12 and under</b>	No more than 2.5 mg/kg of body weight/day. Based on average body weights of children, this is a maximum of: 45 mg for children aged 4 to 6. 62.5 mg for children aged 7 to 9. 85 mg for children aged 10 to 12
<b>Teens</b>	No more than 2.5 mg/kg of body weight/day. Since maximum daily caffeine intake is based on weight at this age, some adolescents may be able to consume adult doses without experiencing adverse effects.
<b>Adult general population</b>	No more than 400 mg/day.
<b>Women of child bearing age</b>	No more than 300 mg/day.

evidence to prove this effect is limited and there is some concern that they may interact with medications like warfarin and affect blood clotting.<sup>18</sup>

Taurine is an amino acid-like compound added to energy drinks for its mental stimulatory effects and to improve exercise performance, yet this is not supported by research.

Glucuronolactone is a carbohydrate metabolite. It is used in energy drinks to provide stimulatory effects, although research does not support this claim.<sup>19</sup>

Inositol is a common ingredient in energy drinks however a verified health claim is not available.<sup>14</sup>

Vitamins, in particular the B vitamins, are often added with the claim to provide extra energy.

Few studies have evaluated the claims for individual ingredients or the potential synergistic effects of ingredients in energy drinks.

### Energy drinks are not sports drinks

Energy drinks should not be used during an activity for fluid or electrolyte replacement. Although energy drinks are a source of carbohydrate, they have very high sugar contents, approximately 10-12% which is similar to soft drinks and much higher than sports drinks. Therefore, energy drinks cannot be absorbed as quickly or easily as sports drinks and can cause stomach upset.<sup>6,7</sup> In addition, the majority of energy drinks are carbonated, which makes it harder to drink enough to stay hydrated<sup>20</sup> and the high caffeine content can actually mask the signs of dehydration.<sup>18</sup>

An Internet search for “sports drinks” brings up a mix of web pages for both sports drinks and energy drinks, where the terms are used interchangeably. Manufacturer websites for energy drinks also serve up mixed messages, promoting energy drinks for “improved performance,” “during times of increased mental and physical exertion” and use “athletes,” “teams” and “sports” to promote

their products. Often the marketing is very appealing to youth who do not differentiate between sports and energy drinks and cite the same benefits for both beverages.<sup>21</sup> Adolescents are also less likely to know the potential risks related to the over consumption of energy drinks.<sup>21,22</sup>

### Energy drinks and alcohol

As stated on the label, energy drinks are not recommended to be mixed with alcohol as the high levels of caffeine may mask the perception of acute alcohol intoxication.<sup>23</sup>

### Regulations

Energy drinks in Canada are sold as natural health products (NHP) however Health Canada intends to change the way they are regulated. NHPs are naturally occurring substances or their synthetic equivalents that are used to restore or maintain good health.<sup>24</sup> Often called "complementary" or "alternative" medicines, NHPs include: vitamins and minerals, herbal remedies, homeopathic medicines, traditional medicines, probiotics and other products like amino acids and essential fatty acids.<sup>24</sup> NHPs are reviewed by Health Canada for quality and safety; products that are authorized for sale contain a natural product number (NPN) or an exemption number (EN) and must display conditions of use and cautions on their label.<sup>24</sup> We noted that several products in the market do not have either number. This may be due to a transition period between getting approval and putting the number on the label. If a product in the market has not been

issued an NPN or EN, they are non-compliant and enforcement action could be taken against the manufacturer.

In a recent review of consumption patterns, history of use and representation to consumers, Health Canada found that consumers tend to think of and consume energy drinks not as health products but as soft drinks.<sup>25</sup> Confusion regarding the term "energy" drinks was also identified as were several health concerns, particularly for children.<sup>25</sup>

On October 6, 2011, the Honourable Leona Aglukkaq, minister of health, announced a proposal to have energy drinks classified in legal terms as a food rather than a natural health product and therefore be regulated under the food provisions of the *Food and Drug Act* enforced by the Canadian Food Inspection Agency.<sup>26</sup> This means that as a food, energy drinks would need to comply with existing food requirements, which includes having a nutrition facts table on the label.<sup>26</sup> Specific requirements will also be established to better control the types and levels of ingredients added to energy drinks.<sup>27</sup> Table 5 summarizes the major proposed changes to the management of energy drinks.

Industry will be given time to make the adjustment to the new management of energy drinks. As of November 1, 2011, Health Canada will be reviewing energy drink products and their eligibility to meet the requirements as a food. When an energy drink is deemed eligible to be sold as a food, a Temporary Marketing Authorization (TMA)

will be issued.<sup>27</sup> Many of the energy drinks currently on the market would be able to meet the proposed limits and requirements set by Health Canada; the only change required would be a revision to the ingredient and nutrition labelling. It is expected that this would take between 18 and 24 months to implement after the TMA is issued.<sup>27</sup> In some cases products may need to be reformulated.

**Table 5. Proposed Changes to the Management of Energy Drinks in Canada – 2011.<sup>27</sup>**

Classified as a food and fall under the food provisions of the <i>Food and Drug Act</i>
Limit the amount of caffeine to 100 mg/250 ml and limit the total caffeine that can be included in a single serving (one can) to 180 mg
Indicate the levels of caffeine in the product from all sources and declare product is a high source of caffeine
Identify groups for whom high levels of caffeine are not recommended (children, pregnant/breastfeeding women)
Have a warning statement advising not to mix with alcohol
Comply with ingredient, nutrition and allergen labelling regulations the same as all other foods
Ensure that types and levels of vitamins and minerals are within safe levels
Manufacturers to report to Health Canada any consumer complaints regarding adverse effects as well as detailed information on consumption and sales
Energy shots will continue to be managed as NHPs

Health Canada promises to work with manufacturers of energy drinks and calls on them to develop best practices and a code of conduct to address issues around marketing to children as well as sampling of energy drinks which are not directly addressed with the new proposal.<sup>27</sup>

Dietitians of Canada offered qualified support for the changes.<sup>28</sup> Although they are in favour of regulating energy drinks as foods, they do not feel the proposal goes far enough to protect children and youth from the availability of these products or the influential advertising. Furthermore, for energy they recommend healthy food choices, water for thirst, being physically active and getting enough sleep rather than depending on energy drinks.<sup>28</sup>

## Conclusion

Sports drink and energy drink consumption by children and youth is widespread and continues to grow. Sports drinks are considered safe and recommended for all ages, however have specific indications for use and should not be consumed by children on a regular basis due to the empty calories they provide. Generally water is sufficient for hydration. Energy drinks are not sports drinks. They contain high amounts of caffeine and are not recommended for children under 16 years of age. Recently, Health Canada proposed a change in the way energy drinks are regulated, from a natural health product to a food. This will provide more detailed nutrition and

ingredient information on the label and limit some ingredients such as caffeine. More work still needs to be done to educate the public on the health risks associated with energy drinks as well as differences between sports drinks and energy drinks. Manufacturers of energy drinks will be called upon to address the availability and advertising of these products to children and youth.

Balanced nutrition provides all the fuel and nutrients required for a healthy active lifestyle and comes from food, including water, rather than supplements and energy drinks.



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We would also like to thank Health Canada for reviewing our information on energy drinks.

For a complete list of references, visit [moreaboutmilk.com/educators.aspx](http://moreaboutmilk.com/educators.aspx).



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# The Energy Drink Buzz

Many teens drink energy drinks without knowing the effects that they have on the body. This handout will provide teens with general information on energy drinks.

**Please note: Energy drinks are not recommended for children and teens under 16 years old.**



## How do Energy Drinks work?

Energy drinks claim to give a person extra energy, improve concentration and enhance performance.

Some common energy drinks include: Red Bull®, SoBe Adrenaline Rush®, SoBe NO Fear®, Hype®, Red Rain®, Dark Dog®, Monster Energy XXL®, Rockstar Energy Cola®.

## What ingredients are in Energy Drinks?

Most energy drinks contain caffeine, sugar, herbs, B vitamins, amino acids and flavourings.

### Caffeine

Caffeine is found in the leaves, seeds and fruits of over 60 plants such as cocoa beans, yerba mate, guarana plants, kola nuts, and tea leaves.

Caffeine is a mild stimulant of the central nervous system. It triggers an adrenaline rush like when your body is under extreme stress. The instant result is a false sense of energy.

Everyone reacts differently to caffeine. The more caffeine you have, the higher your risk of side effects.

#### Some side effects of caffeine include:

- Increased heart rate
- Restlessness
- Change in mood
- Feeling irritable
- Stomach upset
- Trouble sleeping
- Nervousness
- Headaches

#### Children and youth should not have more than...

- 4-6 years old – **45 mg** caffeine/day
- 7-9 years old – **62.5 mg** caffeine/day
- 10-12 years old – **85 mg** caffeine/day
- 13 years or older – maximum intake of **2.5 mg caffeine/kg body weight**

For example, for a teenager who weighs 54 kg, the maximum intake of caffeine would be 135 mg.

Most energy drinks have about **80 mg** of added caffeine per cup (250 mL). Many energy drinks come in larger portion sizes. The amount of caffeine in energy drinks is often higher than the limit for children and youth.

**Important note:** not all natural sources of caffeine have to be listed on the label, so some energy drinks may have more caffeine than what is listed.

## Sugar

The amount of sugar in energy drinks varies by brand. The sugar can range from 15 teaspoons to 20 teaspoons per can (75 mL to 100 mL). There is more sugar in one cup (250 mL) of an energy drink than in one can of pop (355 mL), which has 10 teaspoons of sugar. These sugars are absorbed quickly into your blood and do not make you feel full. The energy provided does not last very long. Too much sugar also affects dental health and body weight.

## Herbs

Many energy drinks contain herbs such as ginkgo biloba and ginseng. These ingredients are meant to improve memory and concentration. There is no scientific evidence to prove that these herbs have an effect on the body. There is also no long term research on how these herbs interact with other medications that a person may take.

## B Vitamins

B vitamins are added to energy drinks to provide extra energy. Most people get enough B vitamins through the food they eat. Getting more than the daily recommended amount of B vitamins does not give a person more energy. Extra vitamins that your body doesn't need are flushed down the drain.

## Amino Acids

We get amino acids from the foods that we eat, such as meat, fish and dairy products. Different energy drinks contain different amino acids. The common amino acids found in energy drinks are taurine and carnitine. There is not enough evidence that adding amino acids to a drink gives a person more energy.

## Energy Drinks and Alcohol

Mixing alcohol with energy drinks is not recommended. The stimulants (taurine, ginseng, ginkgo biloba) in energy drinks may hide the effects of drinking alcohol. This can be harmful to the body.

## Energy Drinks versus Sports Drinks

The best drink choice during exercise is water. Sports drinks can be used after an hour of vigorous activity. Energy drinks should not be used as a sports drink. The large amounts of sugar can cause an upset stomach during activity. Both these effects can decrease sports performance and cause adverse effects.

## Energy Drinks and Teens

**Energy drinks are not recommended for children and teens under 16.** Drinking large amounts of caffeine and sugar can affect mood and cause problems with sleep.

Energy drinks provide a quick burst of energy followed by a drop in energy. This may add to hormonal ups and downs experienced during adolescence.

## Why throw your money away on Energy Drinks??

If you drink one energy drink every morning how much will it cost you?

Each week = \$21

Each month = \$90

Each year = \$1095

\*based on average cost of \$3.00 per can

It adds up fast!

## There are better ways to boost your energy

- Choose healthy foods from Canada's Food Guide.
- Drink water, milk or 100% juice when you are thirsty.
- Be active.
- Get enough sleep.

**For more information please call HEALTHLink Alberta 1-866-408-5465 (LINK)**

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