



The **Buzz** About Energy Drinks

Many people turn to “energy drinks” and other caffeinated drinks to help them feel more awake. These types of drinks have many drawbacks including being high in caffeine, sugar and calories.

These drinks make a lot of big promises, such as increasing energy, alertness, and metabolism. Some add vitamins and claim to improve nutrition, athletic performance and concentration. Do you **really** think a drink can do all of that?

The truth about energy drinks:

- They have a lot of sugar and calories and are low in nutritional value.
- They contain large amounts of caffeine. Depending on the serving size and the type of energy drink, the caffeine per serving ranges from 33 mg to a whopping 141 mg!
- Caffeine can cause dehydration, upset stomach, nervousness, heart palpitations, headaches, and sleep problems.
- They contain ingredients (herbs and amino acids) whose safety and effectiveness have not been tested. Any claims regarding herbal ingredients do not have to be proven and are unregulated.

Try this when you are thirsty:

- Grab water first. This will quench your thirst and keep you hydrated for peak performance.
- An energy or coffee drink every once in a while is OK but don't use them as a substitute for meals or sleep.
- Your bones and teeth need calcium (found in milk) during the teen years and beyond. Drink 1% or 2% milk at meals.
- Coffee shop style drinks contain a lot of calories and fat. Order them with 2% or skim milk, skip the whipped cream and order a smaller size.



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