

ENERGY DRINKS & KIDS

What is an energy drink?

Drinks that contain large amounts of caffeine, added sugars, other additives and stimulants such as guarana, taurine, and L-Carnitine.



Energy Drinks can cause:

- Jitteriness and nervousness
- Upset stomach
- Headaches
- Trouble concentrating
- Trouble sleeping
- Frequent urination

Some can experience serious side effects:

- Fast or irregular heartbeats
- High blood pressure
- Hallucinations
- Seizures

Many of these drinks have ingredients, including herbal supplements, whose safety and effectiveness haven't been tested in kids and teens. The American Academy of Pediatrics states that caffeine and other stimulant substances contained in energy drinks have *no place* in the diet of children and adolescents.

Carbohydrates are the most important source of energy for an active child or adolescent. Daily carbohydrate intake must be balanced with adequate intake of protein, fat, and other nutrients. There is little need for carbohydrate-containing beverages other than the recommended daily intake of fruit juice and low-fat milk.

DID YOU KNOW?

Water is the best choice for hydration before, during, and after most people's exercise routines.

Healthy meals and snacks and proper sleep give kids what they need to have energy to play and learn at their best.



References:

- [Healthy Schools - Energy - CDC](#)
- [Teens and Sports Energy Drinks - Kids Health](#)
- [Sports Drinks and Energy Drinks for Children and Adolescents: Are They Appropriate? - American Academy of Pediatrics.](#)
- [Feeding Your Child Athletes - KidsHealth](#)