



# School Nutrition Bites

Grades 4-6

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## Energy Drinks

It has become more and more popular for middle school and high school students to drink energy drinks, but health experts recommend that they be avoided.

Companies that sell energy drinks say that we need energy drinks to help increase energy, improve physical performance and provide better nutrition. However, there is not much proof that the energy drinks actually do what they say they do.

There are also safety concerns regarding the consumption of energy drinks, specifically for children and young adults. Here are a few of them:

### Caffeine

There can be a lot of caffeine in energy drinks. Too much caffeine can lead to health problems like:

- Irritability or feeling nervous
- Difficulty concentrating
- Problems sleeping
- Upset stomach
- Headaches

It is recommended that children and young adults avoid consuming caffeine due to these potential health problems.

### Calories and added sugars

Energy drinks can contain a lot of calories and added sugars. According to MyPyramid ([www.mypyramid.gov](http://www.mypyramid.gov)), added sugars should be limited in our diet. We should also be careful not to consume too many calories.



### Tips for Choosing Beverages

Use the tips below to help you make choices about the beverages you drink.

#### Read the Nutrition Facts

The Nutrition Facts labels give us important information to help us compare foods and choose the ones that are best for us.

#### Check the serving size

Remember that one can or bottle can contain more than one serving. The total number of calories and nutrients in one package will depend on the number of servings.

#### Keep calories in mind

Choose beverages that have the fewest calories. It's also important to keep track of the calories that we eat every day so we don't eat too many.

#### Choose beverages with less sugar

Compare beverages to see which one has the fewest grams of sugar.

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