

HOW ARE YOU QUENCHING YOUR THIRST?

Rethink Your Drink

Energy drinks can quickly exceed the daily recommended caffeine intake and are not recommended for anyone under 18. They contain very few beneficial nutrients, are high in sugar and often displace nutritious snacks like milk and fruit.

See below for tips on rethinking your drink this summer!



Five Hills
Health Region

Healthy People – Healthy Communities

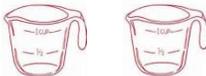


Better Beverages



Canada's Food Guide Recommends

- To satisfy your thirst with water; drink more water in hot weather and when you are very active.
- To limit beverages that are high in calories and low in nutrients.
- To drink lower fat milk and water with meals.

	Examples	How Much?
GO Choose Most Often <i>- Full of nutrition</i> <i>- Low in sugar</i>	<ul style="list-style-type: none"> ▪ Milk – choose skim, 1% or 2% 	<ul style="list-style-type: none"> ▪ 2 cups (500 mL) a day for adequate vitamin D 
	<ul style="list-style-type: none"> ▪ Water 	<ul style="list-style-type: none"> ▪ Drink throughout the day to quench thirst
YIELD Choose Sometimes <i>- Nutritious</i> <i>- Contain more sugar (natural or added sugar)</i>	<ul style="list-style-type: none"> ▪ 100% Unsweetened Fruit Juice 	<ul style="list-style-type: none"> ▪ 3 years old and up: maximum 1 cup (250mL) per day ▪ 1-2 times a week 
	<ul style="list-style-type: none"> ▪ Flavoured Milks 	<ul style="list-style-type: none"> ▪ 1-2 times a week
STOP Choose Least Often <i>- Provides little nutrition</i> <i>- Very high in sugar</i>	<ul style="list-style-type: none"> ▪ Pop ▪ Slush Drink ▪ Fruit Punch, drink, cocktail, beverage 	<ul style="list-style-type: none"> ▪ Occasionally ▪ One serving equals 1 cup or 250mL 
NOT RECOMMENDED <i>- Contain very high amounts of sugar and caffeine</i>	<ul style="list-style-type: none"> ▪ Energy Drinks 	<ul style="list-style-type: none"> ▪ Not recommended for children and youth.

Written by the Public Health Nutritionists of Saskatchewan with support from Saskatchewan Health Regions (2014)

Healthy Drinks

Pop, energy drinks, vitamin waters and fruit drinks (drinks that are not 100% juice) contain a lot of sugar but not very many nutrients. These drinks can replace healthier drinks and foods that our bodies need.

What is in these drinks?

- **Pop, iced tea, sports drinks, fruit drinks, fruit beverages and fruit cocktails** are high in sugar and have very few nutrients.
- **Energy drinks** contain a lot of sugar and also have a lot of caffeine. Energy drinks are dangerous for children.
- **Vitamin waters** have minerals, vitamins or herbs but have a lot of sugar too. It hasn't been proven that vitamin waters provide any health benefits. No kind of vitamin water has all the vitamins your body needs each day. Your body uses vitamins better when they come from food. Vitamin waters can also also dangerous for children.



**2 cans of pop a day =
44 pounds of sugar a year!**

What is a good drink to choose?

- **Water** is one of the best drink choices for our bodies. Drink water to quench thirst. Keep a pitcher of water in the fridge so that it's cold and handy.
- **Milk** is a good source of calcium and vitamin D. Offer milk at meals. Try a new recipe that includes milk, like a fruit smoothie.
- 100% pure fruit juice, vegetable drinks, or fruit and vegetable juice can also be drink options occasionally. Limit servings of juice to ½ cup a day.



ENERGY DRINKS

INGREDIENTS

CARBOHYDRATE (sucrose, fructose, glucuronolactone, glucose):

- The carbohydrates (sugar) found in energy drinks are digested quickly and can be an energy source for the body.
- Energy drinks are 10-12% carbohydrate, which is twice that of sports drinks.
- These high carbohydrate concentrations:
 - ▶ Add extra calories, which can lead to weight gain.
 - ▶ Decrease the amount of water absorbed into the body, which can lead to dehydration.

CAFFEINE:

- Caffeine is a stimulant that acts on the brain. It speeds up the messages received and delivered; that makes you feel more alert.
- Most energy drinks contain between 80-100mg of caffeine per 250mL, but some contain up to 250mg.
- High amounts of caffeine found in energy drinks have the potential for unfavourable health effects.

GUARANA:

- A natural, concentrated source of caffeine with comparable and prolonged stimulant effects to caffeine.
- 1 g of guarana is equivalent to 0.04 g of caffeine.
- Energy drinks can contain hidden caffeine sources. Read the food labels for other ingredients like yerba mate and kola nut.

AMINOACIDS (taurine, inositol, carnitine):

- Amino acids are found naturally in the body.
- The levels of amino acids added to energy drinks are in excess to what the body needs.



WHO ARE THEY FOR?

Energy drinks are marketed to:

- Increase stamina and improve physical performance.
- Enhance physiological and performance effects, perceived or real.

Energy drinks are **not** recommended for athletes because:

- They cannot replace essential electrolytes lost in sweat.
- High sugar and caffeine content can dehydrate the body.

Children and teens should avoid energy drinks since they replace healthier drink options like milk, 100% juice, and water in the diet. Energy drinks also contain abnormally high amounts of caffeine and other substances that can have unknown or negative effects on their body.

DANGERS

The **high levels** of caffeine in energy drinks pose a threat to the health of children because they are **more sensitive** due to their **smaller body weight**.

High caffeine intake through energy drinks can:

- Elevate blood pressure and heart rate.
- Dehydrate the body.
- Interfere with normal sleep patterns.
- Increase irritability, nervousness, or anxiety.
- Cause stomach irritation, nausea, or vomiting.
- Cause bedwetting.

These symptoms can negatively affect academic and athletic performance of students. These symptoms may also lead to health issues. Therefore, children and teens should avoid consuming energy drinks.

SPORTS DRINKS



Per 946 mL
Calories: 200
Sugar: 56 g
Caffeine: 0 mg

INGREDIENTS

WATER:

- To prevent dehydration. Water lost through sweat must be replaced.

CARBOHYDRATE (sucrose, fructose, glucose, maltodextrin):

- The carbohydrate (sugar) in sports drinks is digested quickly to help fuel active muscle and the brain.
- Sports Drinks are 6-8% carbohydrate.
- Juice, pop, and energy drinks also have carbohydrates but the higher concentration can lead to stomach upset.

ELECTROLYTES (sodium and potassium):

- Sodium and potassium are lost through our skin when we sweat.
- Sodium increases water absorption and together with potassium, is needed for proper cell and organ function.
- Sports drinks contain approximately 400mg of sodium per 946mL.

OTHER:

- Many sports drinks contain additional vitamins (B, C, and E).
- Vitamin supplements can improve sports performance *only in individuals who are vitamin-deficient.*

WHO ARE THEY FOR?

Sports drinks are designed for athletes to:

- Replace the fluid and electrolytes lost through sweat.
- Provide carbohydrate to fuel active muscle and the brain.

The risk for dehydration for casual athletes and children engaging in routine childhood activity is very low; water is the best choice for both groups. Sports drinks are only recommended for athletes when:

- ▶ Sweat rates are greater than 1 L/hour.
- ▶ Exercising in heat or when wearing protective sports equipment.
- ▶ Intense exercise for longer than an hour.

ALTERNATIVES

Sports drinks have a specific role for a specific group. Consuming these beverages when you are sitting most of the day can contribute to weight gain and cavities. Many low calorie healthier choices are available, such as water or water with lemon slices. A less expensive source of energy for an athlete could be diluted orange juice or water and a high carbohydrate snack.



Sports drinks are designed for athletes who work out continuously at a high intensity for longer than an hour. If you are exercising for less than an hour, they are not necessary.