

# ENERGY DRINKS – DO YOU KNOW WHAT YOU ARE DRINKING?



It's the latest craze but should we be consuming these drinks!? They are high in caffeine and sugar and promoted as drinks that revitalise us and give us energy. We see them on counters at dairies and service stations at eye level and their bright packaging and funky names definitely attract the younger buyers.

## WHAT IS IN THESE LARGE CANS OF ENERGY DRINKS?

- Caffeine which is a stimulant and a reduces the fluid in our body – about the amount of 2 ½ cups of coffee
- Around 11tsp sugar (almost 1000kj) – which would take an average young person 1 ½ hours of walking to work off
- Citric Acid – contributes to tooth decay
- Guarana – which is a small fruit about the size of a coffee bean but has 3 times as much caffeine
- Some claim to be high in nutrients such as taurine and Vitamin B which we have plenty of in our diets

And now smaller, more concentrated versions are available as shots which have almost the same amount of caffeine!

## SOME RESULTS FROM CONSUMING THESE DRINKS MAY INCLUDE:

- Disrupting the desire for sleep (which young people need plenty of)
- The jitters
- Irritability
- Anxiety

TO PERFORM YOUR BEST AT SCHOOL AND IN SPORT EAT A VARIETY OF HEALTHY FOODS AND DRINK MOSTLY WATER AND LOW-FAT MILK!

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### **Healthy Nibbles** Nutrition Updates for High Schools

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For more information visit: [www.cph.co.nz](http://www.cph.co.nz)

**Canterbury**

District Health Board

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