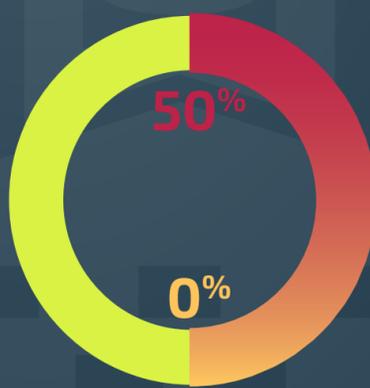


# The **BUZZ** on ENERGY DRINKS

Up to **50%** of adolescents report consuming energy drinks

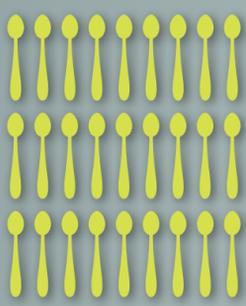


Schools can help students make healthier choices about energy drink use

## What is in an energy drink?

A beverage that may contain large amounts of:

- Caffeine
- Added sugars
- Other stimulants such as guarana, taurine, and l-carnitine



Energy drinks can contain large amounts of sugar, sometimes as much as **27 teaspoons** in one can.



### Dangers include:

- Dehydration
- Irregular heartbeat & heart failure
- Anxiety
- Insomnia



Nationwide, **75%** of school districts do not have a policy in place governing caffeinated beverages for sale in vending machines, schools stores, or a la carte lines.

## Recommended caffeine consumption

American Academy of Pediatrics recommends

Adolescents aged 12–18 should not exceed **100 mg/day** or an average cup of coffee



## What can schools do?



Teachers can educate students about the potential harms of consuming too much caffeine

Coaches can educate athletes about the difference between energy drinks and sports drinks, and potential dangers of consuming highly caffeinated beverages



School nutrition staff can ensure that only healthy beverages such as fat-free/low-fat milk, water, and 100% juice are sold

