5210 Healthy Children

Most people don't need Sports and Energy Drinks

What drink does everyone need?

Water!

Water is the best thirst quencher!

Your body needs water to function.

Water keeps you hydrated when you're physically active.

Water doesn't contain calories and doesn't contribute to extra weight.

Sports drinks

Are marketed as beverages to help athletes stay hydrated and replenish their electrolytes. Examples include Gatorade and Powerade.

Are only recommended for individuals who have been doing intense physical activity for an hour or more, such as long-distance running or playing soccer.

In addition to water, they usually contain:

- Sweeteners (e.g., sugar, syrup, ingredients ending in "ose" like sucrose or fructose)
- Electrolytes (e.g., sodium, potassium, magnesium, calcium)
- Flavorings and colorings

Contain calories and may contribute to excess weight gain if consumed as a thirst quencher.

Energy drinks

Are marketed as beverages that provide mental and physical energy. Examples include 5-hour ENERGY, Red Bull, AMP, Monster, Rockstar, Full Throttle, and Starbucks Doubleshot Energy.

Are not recommended for anyone, and should NEVER be given to children or adolescents.

In addition to water, they usually contain:

- Sweeteners (e.g., sugar, syrup, ingredients ending in "ose" like sucrose or fructose)
- B Vitamins (e.g., B1/thiamine, B2/riboflavin, B3/niacin, B5/pantothenic acid, B6/pyridoxine, B7/biotin, B9/folic acid, B12/cobalamin)
- Amino acids (e.g., taurine, tyrosine, phenylalanine)
- Stimulants (e.g., caffeine)
- Herbal supplements (e.g., guarana, ginseng)
- Flavorings and colorings

Contain ingredients that may increase your heart rate and blood pressure, and may lead to trouble sleeping, anxiety, difficulty concentrating, and caffeine toxicity.

Reference:

Sawka, M. N., Burke, L. M., Eichner, E. R., Maughan, R. J., Montain, S. J., & Stachenfeld, N. S. (2007). ACSM position stand: Exercise and fluid replacement. *Medicine & Science in Sports & Exercise, 39*(2), 377-390.

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This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Family Policy, Children and Youth, U.S. Department of Defense under Award No. 2010-48709-21867 developed in collaboration with The Clearinghouse for Military Family Readiness at Penn State University.
This material is adapted from Sports and Energy Drinks, *Let's Go!* www.letsgo.org.