

Sports and Energy Drinks

SPORTS DRINKS

- Flavored beverages that usually contain sugar, minerals and electrolytes (like sodium, potassium and calcium).
- Most people don't need them! They are **recommended only when you have been doing intense physical activity for an hour or longer** (such as long distance running or biking, or high intensity sports like soccer, basketball or hockey).
- If you drink them when you have been doing just routine physical activity or just to satisfy your thirst, you actually increase your risk of excess weight gain.
- What are some examples?
 - Gatorade • Powerade • Accelerade • All Sport Body Quencher • Propel •

You know what rocks? WATER!

ENERGY DRINKS

- Flavored beverages that typically contain stimulants like caffeine and other compounds along with sugar, added vitamins and minerals, and maybe even protein. (We don't need these nutrients from drinks; we get them from our food!)
- These drinks are not the same thing as sports drinks and are NEVER recommended for children or adolescents.
- Could cause you to have increased heart rate, increased blood pressure, trouble sleeping, anxiety, difficulty concentrating, upset stomach, and even caffeine toxicity.
- What are some examples?
 - Monster • Red Bull • Power Trip • Rockstar • Full Throttle • Jolt •

Most people don't need them!



Did you know?

Neither sports drinks or energy drinks are a good substitute for water – water is always the best thirst quencher! Water is the best choice for hydration, even before, during and after most people's exercise routines.

Adapted from KidsHealth.org and *Sports Drinks & Energy Drinks for Children & Adolescents: Are They Appropriate?* Committee on Nutrition and the Council of Sports Medicine and Fitness. Pediatrics. 2011; 1227; 1182.

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