

WJUSD
Teen **BE SMART** Fact Sheet

Knowing the Facts = **SMART CHOICES**

Energy Drinks

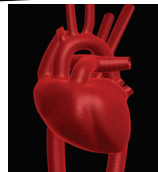
Energy drinks are becoming more and more popular among teens. Companies market them as “cool” claiming that they will increase your energy, alertness and athletic performance. Remember, they are trying to sell you their products and will exaggerate their claims to get you to buy them. **BE SMART.** Read the labels of these drinks and think about the ingredients. The main ingredients used to “increase energy” are sugar and caffeine. While neither of these ingredients are bad for you in small or moderate amounts, too much can have some bad effects on you. Also, some people are more sensitive to caffeine than others and will feel jittery and nauseated after just a small amount. Remember that it is up to you to make smart choices. Your health is truly in your hands.

MYTH: Caffeine is not a drug and it can't hurt me

FACT: Caffeine **IS** a drug. Used in small or moderate doses, it is unlikely to cause any harm, but in large doses it can cause rapid heart rate, nervousness, anxiety, irritability, restlessness, nausea and shaking. In very high doses, you can become really sick.

MYTH: ENERGY DRINKS WILL KEEP ME AWAKE AND ALERT IN SCHOOL, SO I'LL DO BETTER.

FACT: ALTHOUGH INITIALLY, YOU MAY FEEL MORE ALERT, EVENTUALLY YOU'LL “CRASH” AND FEEL EVEN SLEEPIER THAN BEFORE YOU HAD THE DRINK. GETTING A GOOD NIGHT'S SLEEP AND EATING A HEALTHY BREAKFAST IS THE KEY TO KEEPING YOU AWAKE AND ALERT IN SCHOOL. ALSO, DRINKING ENERGY DRINKS IN THE LATE AFTERNOON AND EVENING CAN CAUSE SLEEP PROBLEMS (INSOMNIA), SINCE THE EFFECTS OF CAFFEINE CAN LAST FOUR TO SIX HOURS.



If you take prescription medication regularly, talk to your doctor about your use of energy drinks to make sure that they mix safely with your medication

MYTH: If you mix energy drinks with alcohol, you won't get drunk

FACT: Energy drinks have no effect on alcohol. You will get just as drunk, but you will feel more awake and alert, tricking you into thinking you are sober. This actually puts you more at risk. Feeling sleepy is one way you can tell that you have had too much to drink. When alcohol is mixed with energy drinks, you don't feel sleepy and studies have shown that you are more likely to drink too much and/or drive while drunk, both of which can lead to medical emergencies. Also, the combination of alcohol and energy drinks can also be very dangerous to your heart.

MYTH: These drinks have vitamins and other things in them that are good for me.

FACT: These drinks have little or no nutritional value. Actually some of the other ingredients such as guarana are also stimulants with side effects similar to caffeine. This makes it more likely that you'll experience side effects such as rapid heart rate, upset stomach, jitteriness, etc. The high sugar content can contribute to weight gain and cavities.

What's considered a safe amount of caffeine?

In the U.S. there are no official recommendations, but general guidelines are:

- For children
Less than 100 mg. per day
- For adults
Less than 400 mg. per day



Caffeine Content of Some Drinks:	
Can of Coke	34 mg. caffeine per can
Red Bull	80 mg. caffeine per 8.3 oz. can
Wired X 505	505 mg. caffeine per 24 oz. can
Fixx	500mg. caffeine per 20 oz. can
Monster/Rock Star	160 mg. caffeine per 16 oz. can
Whoop Ass	50 mg. caffeine per 8.5 oz can
Instant Coffee	140 mg. caffeine per 12 oz.
Brewed Tea	80mg.caffeine per 12 oz.
Venti Starbucks' Frappuccino	160mg. caffeine
Venti Starbucks' Mocha	180mg. caffeine
Venti Starbucks' Caffe Americano	300mg caffeine
Chocolate milk	5 mg. caffeine per 8 oz.

So be **SMART!** Starting your day with one or two energy drinks on an empty stomach will not help you do better in school. It will probably make you feel sick. Get a good night's sleep. Start your day off with a healthy breakfast and drink plenty of water. You will find you have tons of energy throughout the day.



If you do use energy drinks, be smart and read the labels. Choose a drink with a lower amount of caffeine.



BE SMART AND DO NOT DRINK ENERGY DRINKS IN THE EVENING TO AVOID INSOMNIA.

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And finally, **NEVER** mix energy drinks with alcohol. This can prove to be a deadly combination.