

# Rethink your

# Energy Drink!



## What are energy drinks?

Energy drinks are fizzy drinks which contain high levels of:

- sugar
- caffeine
- stimulants (guarana, taurine, and ginseng)

Energy drinks are not the same as sports drinks and should not be used when playing sport or exercising.

## Did you know?

A large can of energy drink can contain 14 cubes of sugar and the same amount of caffeine as two strong coffees

14 cubes of sugar is double what a young person aged over 11 years should have each day to stay healthy.



**Energy drinks are not recommended for children under the age of 16 years.**

# What's the harm?



**Energy drinks, including sugar-free types, can cause health problems and side effects including:**

**Headaches**

**Tummy pains and nausea**

**Dizziness and fainting**

**High blood pressure**

**Increased palpitations and heart rate**

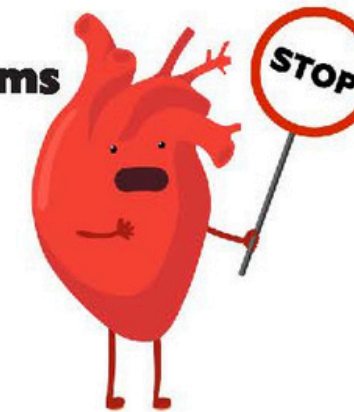
**Sleep problems**

**Hyperactivity and behavioural problems**

**Tooth decay**

**Weight gain**

**Anxiety**



## Make a swap!

**Swap your energy drink for water to keep your body and teeth healthy. It's also free!**

Find out more at:

<https://www.healthforteens.co.uk/lifestyle/nutrition-diet/energy-drinks-just-the-facts/>