

Health Tip of the Month

Sports Drinks or Energy Drinks?

Confused by energy drinks and sports drinks? There is a difference.



Sports drinks are for athletes who do vigorous activity lasting more than 1 hour. Sports drinks have added sugar and electrolytes, such as sodium and potassium.

Energy drinks claim to give people extra energy. They have a lot of added sugar. They also have very high amounts of caffeine, vitamins, and other ingredients that could be dangerous for your health.

Energy drinks can be even more dangerous for young children and teens.

Just the Facts



Most energy drinks have as much caffeine as 7 cups of coffee.

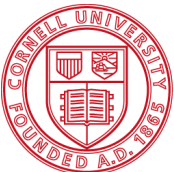
In adults and youth, too much caffeine may cause

- trouble sleeping
- nervousness
- dizziness
- heart problems
- an increase in blood pressure

Energy drinks may have as much added sugar as 15 teaspoons or more.

Added sugar is added calories.
Limiting added sugar helps maintain a healthy body weight.

Choose water first to quench your thirst!



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Worksite Wellness Initiative: by Aly Thompson, Dietetic Intern
Hunter College School of Public Health 44: 6/14
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