

# Sports & Energy Drinks



## Sports Drinks

Flavored drinks that usually contain sugar, minerals, and electrolytes like sodium, potassium and calcium.

### Do We Need These Drinks?

Sports drinks may be helpful only when doing intense physical activity like long distance running, biking or high intensity sports like soccer, basketball and hockey for one hour or longer.

### Why They Are Not Good For You

- High sugar content and extra calories can cause cavities, diabetes, high blood pressure, and weight gain

### Examples of Sports Drinks

- Gatorade
- Body Armor
- Vitamin Water
- MiO
- Powerade
- Propel

## Energy Drinks

Flavored drinks that usually contain caffeine, sugar, vitamins, minerals, and even some protein.

### Do We Need These Drinks?

We don't need to drink beverages for nutrients—we get them from our food. Energy drinks are not good for children or adolescents.

### Why They Are Not Good For You

- High sugar content and extra calories can cause cavities, diabetes, high blood pressure, and weight gain
- Energy drinks can raise heart rate, blood pressure, anxiety, and cause trouble sleeping and concentrating.

### Examples of Energy Drinks

- Monster
- NOS
- Red Bull
- Amp
- Rockstar