

## Sugary Drinks and Energy Drinks

### Sugary Drinks

- Sugars are carbohydrates that provide the body with energy. They occur naturally in fruits. You should try to consume only natural sugars. (No more than 5 to 8 teaspoons per day, 21 to 24 grams per day for girls, 25 to 30 grams per day for boys.)
- Glucose is the body's preferred type of energy source and naturally circulates in the blood. Most carbohydrates that you eat are turned into glucose. Glucose can be used as energy for either short-term or long-term use.
- Fructose is not the energy source that your body prefers. While it occurs naturally in fruits and vegetables, it is also the type of sugar that is added to many processed foods. Fructose is harder for your body to process, so it is more likely to be stored as fat in the body. Your body has a difficult time registering when it has had too much fructose.



This graphic shows the amount of sugar

### Energy Drinks

- Energy drinks, energy shots, and other energy products contain large amounts of caffeine and an assortment of other ingredients including sugar.
- Consumption of large amounts of caffeine may lead to serious cardiovascular events, seizures, death, and/or dependence on caffeine which causes poor sleep, and possible developmental problems.
- Heavy consumption of energy drinks may result in excessive consumption of B vitamins, such as niacin or pyridoxine, which may result in liver or nerve damage.
- The energy boost from energy drinks is only temporary and is most likely accompanied by other problems. There are healthier and more effective ways to boost energy levels.
- Alcohol mixed with caffeinated energy drinks increases the likelihood of adolescents and young adults engaging in risky behaviors.

**Check for Understanding**

- How much naturally occurring sugar do boys and girls need per day?
- What is the difference between glucose and fructose?
- What is the danger of the consumption of large amounts of caffeine?
- Why do some teens use sugary drinks and energy drinks regularly?

Coach's Reflection: