

What's In Your Lunch



Caffeine

Caffeine is a stimulant. Many people rely on caffeine as part of a morning “wake-up” routine. Teens need more sleep than adults, on average 9 hours per night. Teens often use caffeine to stay awake during the day because they do not get enough sleep. Too much caffeine can cause anxiety, jitters and trouble sleeping which makes the problem worse. A sudden stop in caffeine intake can lead to withdrawal symptoms such as fatigue, irritability and headaches.

Coffee Beverages

- Coffee and coffee-beverages can contain 150 – 300 mg caffeine (or more!), depending on size of cup and brewing method.
- They are often high in calories and sugar.



Age	Daily maximum caffeine
4 - 6 years	45 mg
7 - 9 years	62.5 mg
10 - 12 years	85 mg
13 & older	2.5 mg/kg body weight
Adults	450mg

Energy Drinks

- Are not meant for those under 18.
- Can be very high in caffeine (equal to about 10 cans of cola).
- Often contain other stimulants like guarana and yerba maté which add more caffeine.
- Drinking too many energy drinks can lead to “caffeine intoxication” (Symptoms: anxiety, restlessness, high heart rate, tremors, insomnia, mood disorders).
- Mixing energy drinks with alcohol can have serious health effects.
- Are not sport drinks (e.g. Gatorade, which provide energy & fluid for vigorous exercise)
- Energy drinks may cause dehydration during activity



Soft Drinks

- Regular colas (600 ml bottle) contain about 85 mg of caffeine while “extra caffeine” varieties can have well over 100 mg.
- Manufacturers may now add caffeine to “non-cola” soft drinks, but do not have to put it on the package.
- Read the “Ingredients” to see if a soft drink contains caffeine.



By age 18 - 20 our bodies will build 90% of the bones we will have for the rest of our lives. Drinks that contain caffeine often replace bone-building drinks like milk. Caffeine may decrease the amount of calcium available to build bones. Make your next beverage a bone-friendly choice!

