



## What's the Scoop on New Drink Products?

New drinks are showing up every day in stores. Many people have questions about vitamin enhanced water, sports drinks and energy drinks. These drinks may look like they are good choices, because of the way they are advertised. However, these drinks are often high in sugar, and some of the ingredients may not be meant for children and youth.

### Vitamin Enhanced Water

Vitamin water often has many vitamins and minerals added that people can easily get by eating healthy food. It often also has added sugar, artificial sweeteners and herbs. These drinks are not recommended for children and youth.

### Energy Drinks

Energy drinks can be high in sugar and caffeine. The amount of caffeine in energy drinks is often higher than the daily limit for children and youth. For example, some energy drinks can have as much as 180 mg of caffeine per can, which is twice the daily limit for children 10-12 years old.

Energy drinks are **not recommended for children and youth.**

### Sports Drinks

Sports drinks are made to replace water and minerals lost in sweat. These drinks may be helpful for athletes during intense activities that last more than 1 hour. These drinks are high in sugar and should not be used outside of activity. Water is the best choice for activities less than one hour.

When choosing drinks for your kids, stick with healthy drinks like **water, milk and 100% fruit juice.**



For more information on healthy drinks, please visit:

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-drinks-kids.pdf>

For more information on Healthy Eating, visit:

<http://www.albertahealthservices.ca/nutrition/Page2914.aspx>