Fueling young athletes

SPORTS DRINK OR ENERGY DRINK?

They are not the same. Caffeine is the difference.

	SPORTS DRINK	ENERGY DRINK
WHAT'S IN IT	Fluid, electrolytes, carbohydrate	Caffeine, other stimulants, lots of sugar
WHO IT'S FOR	Long, hard exercise or very hot conditions	Not recommended for kids or teens
CAFFEINE	Not part of a sports drink	Many have 150 to 300 mg a can

CAFFEINE PER SERVING



UNDER 12: AVOID CAFFEINE. AGES 12 TO 18: AT MOST 100 MG A DAY.

There is no proven safe dose for children, and caffeine can cut into sleep.

THE CAFFEINE CHECK

1. Look for caffeine, guarana or taurine on the label.
2. Amounts often aren't listed. No number means no way to know.
3. It hides in more than energy drinks: some waters, gummies, bars.

Informed by AACAP Facts for Families: Caffeine and Children, and AAP HealthyChildren.org on sports nutrition. Cola and energy drink amounts are approximate and vary by product. General guidance for young athletes, not an individual plan.