

Sports Drinks and Energy Drinks Are Different!

Sports and Energy drinks are not the same types of beverages in ingredients and in their purpose for drinking these beverages. In a study from the American Academy of Pediatrics researching the appropriateness of Sports and Energy drinks, it concluded that Sports drinks have a role in the pediatric athlete but not in the typical active child or teen. As for Energy drinks, the study indicated they have no place in a child's or adolescent's diet. Energy drinks are dangerous for young children and adolescents.² Also, Energy drinks are marketed as dietary supplements and are not regulated by the FDA. Sports and Energy drinks definitely should not be consumed at meal times or at snack time. Instead water, non-fat milk, fruit juice and a well balanced diet are the best choices for fueling the body and the brain to function efficiently. The qualified team of registered and licensed dietitians at PEDS, Inc. specialize in creating a personalized nutrition plan to establish a well balanced diet for children and teens. To schedule a nutrition evaluation appointment, please contact our office at 636-227-7337 or at info@pedsinc.com. For more information about PEDS, Inc. visit our website at www.pedsinc.com. We look forward to hearing from you.

Sports Drinks

What's In It? These beverages typically have 2-19 grams of carbohydrates (glucose, fructose, dextrose, etc.) per serving, vitamins, electrolytes (sodium, potassium, calcium, etc.), artificial flavorings, colorings and preservatives. Most Sports drinks contain between 10 – 70 calories per serving. Beverages vary from 3 – 14 teaspoons of sugar per serving.

Why Drink Sports Drinks? To help in sports performance and endurance by replacing the electrolytes, water and energy that are lost through sweat during intense, prolonged sport activities.

Are There Benefits to Drinking Sports Drinks? Only children and adolescent athletes may require Sports drinks depending on the length and intensity of their activity. These pediatric athletes typically engage in multiple sports or in one sport but in multiple teams year round. They practice or play intensely over one hour or longer each day five days in sports such as running, basketball, baseball, gymnastics, soccer, football, and etc.. These young athletes use Sports drinks to rehydrate and to maintain endurance while competing. **Typical active children do not lose enough electrolytes and water in their routine activities to require Sports drinks.** Water is the best beverage for rehydration for children and adolescents.

What Problems Could Occur By Drinking Sports Drinks? Replaces water and low-fat milk since children and adolescents prefer Sports drinks because they taste good. This increased consumption may increase weight gain and promote dental problems due to the amount of sugar in the beverage. There are research studies on the effects of artificial coloring, flavoring and preservatives on children with ADHD. Some studies indicate these artificial ingredients may trigger behavior problems (loss of focus, hyperactivity) in both children with ADHD and children without ADHD who are highly sensitive to these ingredients. A study in 2007, conducted by McCann et al, concluded, " Artificial colours or a sodium benzoate preservative (or both) in the diet result in increased hyperactivity in 3-year-old and 8/9-year-old children in the general population. "¹

Energy Drinks

What's In It? These beverages typically have zero - 67 grams of carbohydrates (glucose and fructose) per serving, caffeine, B vitamins, protein, oxygen, other natural stimulants (guarana, ginseng, ginkgo, etc.) artificial flavorings, colorings and preservatives. Most Energy drinks have between 10-270 calories per serving. These beverages average between 10 (and higher) teaspoons of sugar per serving and have 3-5 times the amount of caffeine as in regular soda.

Why Drink Energy Drinks? The purpose of drinking Energy drinks is to increase energy, concentration and enhance physical activities.

Are There Benefits to Drinking Energy Drinks? Parents, children and teens mistakenly assume that Sports drinks and Energy drinks are the same, but there is a huge difference. The American Academy of Pediatrics and the Academy for Nutrition and Dietetics state that **there is no place for an Energy drink in the diets of children or adolescents.** Energy drinks do not rehydrate or enhance physical performance; therefore, it does not benefit the pediatric athlete. In fact, young athletes with hypertension should avoid these beverages. These products are not regulated and contain stimulants that can be harmful when consumed at high amounts.

What Problems Could Occur By Drinking Energy Drinks? Just as Sports drink, weight gain, dental problems and behavioral problems from artificial flavorings, colorings and preservative may occur. But unlike Sports drinks, Energy drinks cause sleep disturbance, possible cardiac problems from the stimulants as well and children with ADHD taking medication should not consume Energy drinks.

Information for this flier obtained from:

1 <http://www.ncbi.nlm.nih.gov/pubmed/17825405>

2 <http://pediatrics.aappublications.org/content/127/6/1182.full>