



# Beverages for Health & Sports



## Recommended healthy beverages

These beverages should be served most often:

- Water
- Milk
- 100% fruit and vegetable juices



## Sports Drinks

These beverages are appropriate for some sports.

What we should know about sports drinks:

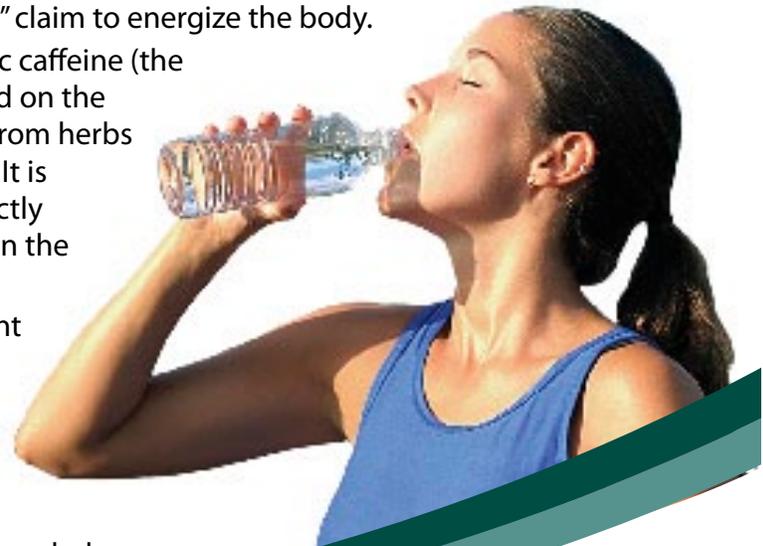
- Sports drinks are promoted as products which improve athletic performance.
- They are actually designed to replace an athlete's glucose, fluid and electrolyte (sodium and potassium) losses for endurance sports activities where excessive sweat loss occurs. This would involve doing moderate or hard physical activity continuously for over an hour.
- If a sports drink is necessary, you can make a healthier option by mixing equal parts of 100% juice and water, and add a pinch of salt.

## Energy Drinks

These beverages are not recommended for sports.

What we should know about energy drinks:

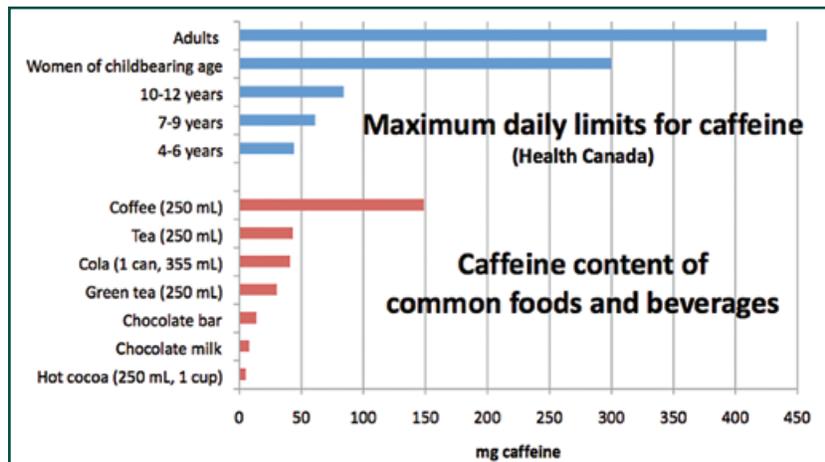
- Energy drinks are not the same as sports drinks.
- Energy drinks, with names including adjectives like "rush", "energy", "adrenaline" and "bull" claim to energize the body.
- Energy drinks contain synthetic caffeine (the amount of caffeine that is listed on the label) and additional caffeine from herbs such guarana and yerba maté. It is therefore difficult to know exactly how much caffeine is actually in the product.
- The caffeine, high sugar content and carbonation of energy drinks can interfere with hydration, which makes them poor choices for use during exercise.
- Energy drinks are NOT recommended for children.



## Caffeine

### What we should know about caffeine:

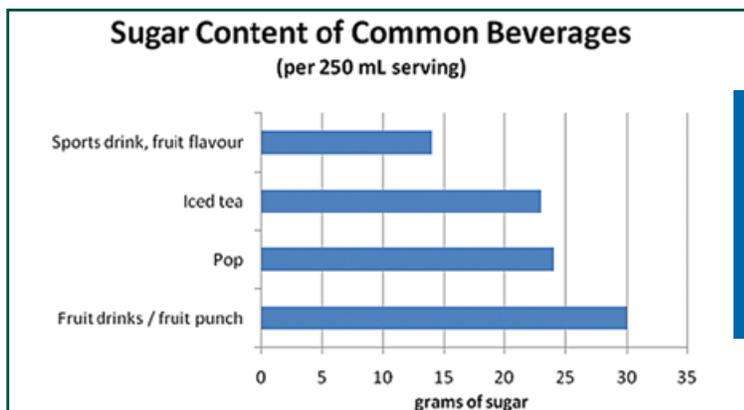
- Caffeine is a stimulant.
- Caffeine can be found in coffee, tea, iced tea, cola and chocolate products.
- Too much caffeine can cause nervousness, irritability, difficulty sleeping and rapid heartbeat.
- If you usually drink a lot of caffeine, reduce amounts gradually to prevent withdrawal symptoms such as headaches.
- Because of the health effects of caffeine, and because the tolerance for caffeine depends on body weight, Health Canada has set maximum daily limits for caffeine intake for different age groups. The following chart shows the maximum amounts for different age groups and also the amount of caffeine in several common foods and beverages.



## Sugar

### What we should know about sugar:

- Many beverages also contain large amounts of sugar<sup>1</sup>.
- Sugar can interfere with hydration, increase calorie content, and contribute to tooth decay, especially when sipped over long periods.
- The chart below shows the sugar content in a 250 mL (1 cup) serving of some common beverages.
- Most of these beverages are purchased and consumed in larger portions cans (355 mL) or bottles (591 mL, 1L, etc.) so the amount of sugar consumed is even higher.



**A medium sized\* bottle of pop contains about 1/4 cup of sugar!**

*\*591 mL bottle, 57 g sugar*

## References

1. Minister of Health. **Nutrient Value of Some Common Foods.** [Online] 2008. [Accessed] July 2009. [www.healthcanada.gc.ca/cnf](http://www.healthcanada.gc.ca/cnf).
2. Healthy Food Choices for Community Recreation Facilities Committee. **Making the Move to Healthy Choices: A Toolkit to Support Healthy Food Choices in Recreation Facilities.** Brandon, Manitoba. <http://healthylife.cimnet.ca> [Online] 2008. [Accessed] May 2009.