

ENERGY DRINKS – HAVE YOU HAD REQUESTS FOR THEM??



It's the latest craze but should students be consuming these drinks!?! They are high in caffeine and sugar and promoted as drinks that revitalise us and give us energy. As you will see below they are not recommended for young people.

WHAT IS IN THESE LARGE CANS OF ENERGY DRINKS?

- Caffeine which is a stimulant and a diuretic – about the amount of 2 ½ cups of coffee
- Around 11tsp sugar (almost 1000kj) – which would take an average young person 1 ½ hours of walking to work off
- Citric Acid – contributes to tooth decay
- Guarana – which is a small fruit about the size of a coffee bean but has 3 times as much caffeine
- Some claim to be high in nutrients such as taurine and Vitamin B which we have plenty of in our diets

BOOK A SPACE IN YOUR DIARIES NOW!

CANTEEN NETWORK DAY

MONDAY 5TH JULY

CHRISTCHURCH POLYTECHNIC

IF YOU HAVE ANY IDEAS OF TOPICS/ACTIVITIES FOR THE DAY, PLEASE FEEL FREE TO EMAIL/CALL:

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Healthy Nibbles

Nutrition and Physical Activity Information School Canteens
Date: February 2010
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Authorised by: Nutrition and Physical Activity Team
For more information visit: www.cph.co.nz

Canterbury

District Health Board
Te Poari Hauora o Waitaha