



ENERGY DRINKS

CAFFEINE

The amount of caffeine in an energy drink varies widely by brand. In Canada, the caffeine content of energy drinks cannot exceed 180mg, whereas an 8 oz. cup of coffee has about 95 mg of caffeine.

It is recommended that adults consume no more than 400 mg of caffeine a day. Since energy drinks are often consumed in large quantities, it is therefore relatively easy to reach or exceed the daily maximum caffeine intake.

Too much caffeine can cause headaches, irritability, nervousness and rapid heart rate.

SUGAR

Energy drinks often contain significant amounts of added sugar. Canada's Food Guide recommends limiting beverages that are high in added sugar, because excess sugar intake has been linked to an increase in type 2 diabetes and obesity.

ENERGY DRINKS AND ALCOHOL

Mixing energy drinks with alcohol has become increasingly popular in recent years, especially amongst teens and young adults. However, it is not recommended. When consuming caffeinated energy drinks and alcohol, individuals may

not feel all of the symptoms of intoxication (in particular, the drowsiness associated with alcohol consumption), which may lead to over-consumption. In addition, side effects such as irregular heartbeats and nervousness can occur.

THE BOTTOM LINE

Energy drinks are NOT recommended for vulnerable populations, including children, adolescents, and pregnant/breastfeeding women.

Moderate amounts of energy drinks are thought to be safe for healthy adults. However, due to the high caffeine and sugar content, intake should be limited. Energy drinks are not a necessary part of the Canadian diet, providing no nutritional benefits, and therefore their consumption is not encouraged.

Energy drinks should not be mixed with alcohol.

RESOURCES

<https://www.unlockfood.ca/en/Articles/Caffeine/Facts-on-Energy-Drinks.aspx>

<http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2018/66140a-eng.php>

<https://www.theglobeandmail.com/life/health-and-fitness/article-what-you-should-know-about-high-caffeine-energy-drinks/>