

<b>Common Beverages: What are we really drinking?</b>			
	Soda	Sports drinks	Energy Drinks
What's the difference / what's in them?	<ul style="list-style-type: none"> <li>Sugar or artificially sweetened</li> <li>Many contain caffeine</li> </ul>	<ul style="list-style-type: none"> <li>Sugar or artificially sweetened</li> <li>Provides electrolytes, vitamins and minerals (primarily sodium/salt &amp; potassium)</li> </ul>	<ul style="list-style-type: none"> <li>Sugar or artificially sweetened</li> <li>Highly caffeinated</li> <li>Provides unregulated stimulants (guarana, ginseng, taurine)</li> </ul>

<b>What are these ingredients and what do they do?</b>	
Sugar	<ul style="list-style-type: none"> <li>Carbohydrate –supplies energy as glucose, it is fine in moderation but will lead to weight gain if it provides more calories than you use</li> <li>Will contribute to more cavities in teeth</li> </ul>
Caffeine	<ul style="list-style-type: none"> <li>Mild stimulant to the central and peripheral nervous system</li> <li>Diuretic – will cause the body to get rid of water which may lead to dehydration</li> <li>Too much caffeine can cause: upset stomach, nervousness, trouble sleeping, nausea, vomiting, rapid and irregular heart beat</li> <li>Thin bones in those who also have low calcium intake</li> </ul>
Electrolytes	<ul style="list-style-type: none"> <li>Sodium/salt– helps maintain the right balance of fluids in your body, helps transmit nerve impulses, influences the contraction and relaxation of muscles</li> <li>Potassium – critical to the function of nerve and muscle cells, including your heart</li> </ul>
Guarana	<ul style="list-style-type: none"> <li>An extract that comes from the seed of a shrub native to South America</li> <li>The active ingredient is caffeine</li> <li>Mild stimulant thought to have synergistic effects</li> <li>NOT regulated by the FDA, long term effects are not known</li> </ul>
Ginseng	<ul style="list-style-type: none"> <li>A root that grows in NE Asia</li> <li>May dangerously interact with certain medications</li> <li>Mild stimulant thought to have synergistic effects</li> <li>NOT regulated by the FDA, long term effects are not known</li> </ul>
Taurine	<ul style="list-style-type: none"> <li>An amino acid thought to enhance caffeine's effects</li> <li>Mild stimulant thought to have synergistic effects</li> <li>NOT regulated by the FDA, long term effects are not known</li> </ul>

### Nutritional Implications / Overview

- Too much pop and juice replaces healthy calories with less healthy empty calories (calories that have little or no nutritional value) and lead to being overfed and under nourished
- Nutrients added to beverages are not absorbed as well as nutrients from whole foods
- **What should athletes drink????? What's best????? WATER**
- **Why not sports drinks?** Electrolyte and glucose replacement is only necessary in high intensity, long duration activities (drenched in sweat, greater than an hour, especially in hot weather)
- **Why not energy drinks?** They provide cardiac strain during exercise and potential dehydration.

More information is available on LPS DocuShare ([put location of folder here](#))  
4/1/10 Middle School PLC project