

Beverages for Health & Sports



Recommended Beverages

These beverages should be served most often:

- Water
- Milk or fortified soy beverage
- 100% fruit juices and vegetable juices

Sports Drinks

These beverages are not appropriate for everyone and *Canada's Food Guide* recommends limiting the use of sports drinks.

When could sports drinks be used?

Sports drinks may be beneficial when involved in moderate to hard physical activity continuously for over an hour or when excessive sweat losses occur. They are designed to replace glucose (sugar) in muscles, and fluid and electrolytes (sodium and potassium) lost in sweat.

Generally, if exercising for less than an hour or exercising at a low intensity, plain water will quench your thirst and help you perform at your best.

Energy Drinks

These beverages are not recommended for sports. What you should know about energy drinks:

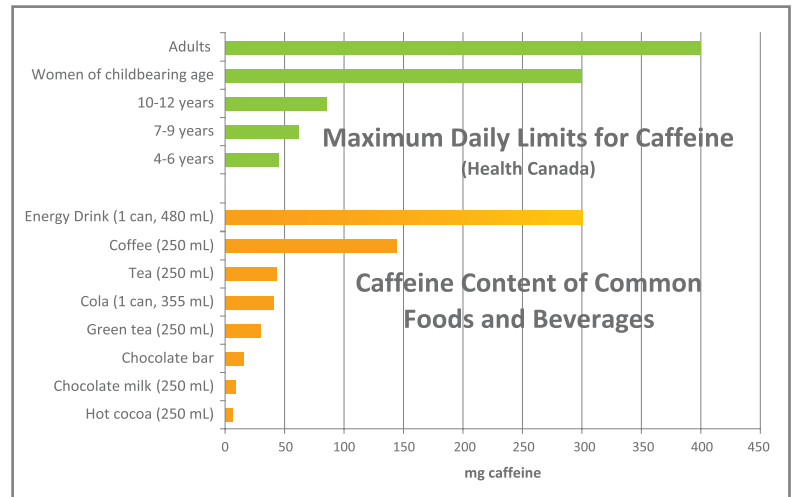
- Energy drinks, with names like “Rush”, “Energy”, “Adrenaline” and “Bull” claim to energize the body.
- Energy drinks contain synthetic caffeine (the amount of caffeine that is listed on the label) and additional caffeine from herbs such as guarana and yerba maté. It is hard to know exactly how much 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 and should not be sold or provided to children and youth.

For healthy food ideas, check out *Canada's Food Guide* at www.healthcanada.gc.ca/foodguide and the *Brand Name Food List* available at www.livinghealthyschools.com

Caffeine

What you should know about caffeine:

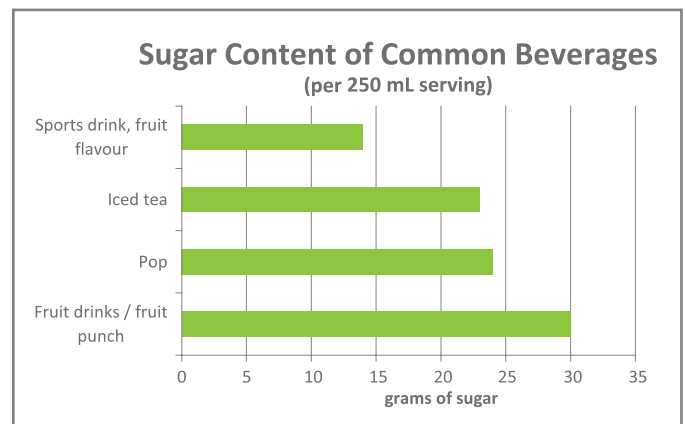
- Caffeine is a stimulant.
- Caffeine can be found in coffee, tea, iced tea, cola, energy drinks and chocolate products.
- Too much caffeine can cause nervousness, irritability, difficulty sleeping and rapid heartbeat.
- Due to the health effects of caffeine, and because the tolerance for caffeine depends on body weight, Health Canada has set maximum daily limits for caffeine intake for different age groups. This chart shows the maximum amounts for different age groups and also the amount of caffeine in several common foods and beverages.



Sugar

What you should know about sugar:

- Many beverages also contain large amounts of sugar¹.
- Sugar can interfere with hydration, increase calorie content, and contribute to tooth decay, especially when sipped over long periods.
- This chart 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 portion cans (e.g. 355 mL) or bottles (e.g. 591 mL), 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. Ministry of Health. Nutrient Value of Some Common Foods. [Online] 2008. [Accessed] February 2010. www.healthcanada.gc.ca/cnf.