

Energy Drinks/Caffeine

Questions	Answers
<p>1. What can happen if someone drinks too many energy drinks?</p>	<ul style="list-style-type: none"> • You might feel awake and focused for a short time • You may also feel nervous, jumpy, or angry • Your heart might beat faster, and your blood pressure could go up • You might get a headache, feel sick, or have an upset stomach • It may be hard to sleep • Drinking a lot of caffeine over time can make your body depend on it, and stopping suddenly can make you feel worse
<p>2. Why are energy drinks not safe for kids and teens?</p>	<p>Energy drinks have a lot of caffeine, sugar, and other strong ingredients.</p> <p>Kids and teens are more likely to have bad reactions because their bodies are smaller, and their brains are still growing.</p>
<p>3. How much caffeine is safe for kids and teens?</p>	<p>Health experts say that kids and teens (under 18) should have no more than 100 mg of caffeine per day.</p> <p>That's about: 1 small cup of coffee or 2 cans of soda</p>
<p>4. What are some ingredients in energy drinks that we should worry about?</p>	<ul style="list-style-type: none"> • Caffeine: Can make your heart beat faster • Sugar: A lot of sugar is bad for your health • Herbs (like ginseng): May not be safe for everyone Always check the nutrition label to see what's inside
<p>5. Why shouldn't you mix energy drinks with alcohol?</p>	<p>Caffeine in energy drinks can hide how drunk you feel when drinking alcohol. This can lead to risky choices and even alcohol poisoning.</p>

<p>6. How can you find out how much caffeine is in an energy drink?</p>	<p>Look at the nutrition label. It must tell you:</p> <ul style="list-style-type: none"> • How much caffeine it has • A warning that says “High caffeine content” • A note saying, “Not for people under 14”, or for pregnant or breastfeeding women • How many you can safely drink in a day • Sugar content can also be found on the nutrition label
<p>7. Are sugar-free energy drinks safer?</p>	<p>Not always. They use artificial sweeteners instead of sugar, and some studies show these may still cause health problems, like increasing the risk of diabetes.</p>
<p>8. Why are energy drinks bad for your teeth?</p>	<p>They are very acidic and can wear down the enamel (the hard part of your teeth). This can lead to cavities and tooth decay.</p>
<p>9. If you drink caffeine regularly, what happens if you stop drinking it?</p>	<p>You might experience some symptoms of caffeine withdrawal which can include:</p> <ul style="list-style-type: none"> • Get a headache • Feel tired or grumpy • Have trouble concentrating • Feel shaky or have muscle pain • Feel worried or anxious
<p>10. How do companies get teens to buy energy drinks?</p>	<ul style="list-style-type: none"> • Use famous people and influencers • Cool packaging and colors • Fun names • Claims that the drink can make you stronger or faster
<p>11. What are better ways to feel more energetic?</p>	<ul style="list-style-type: none"> • Eat healthy food • Drink lots of water • Get good sleep (no screens or caffeine before bed) • Get fresh air and exercise

<p>12. Why do some teens drink energy drinks?</p>	<ul style="list-style-type: none"> • To stay awake • To feel more energetic • To try to do better in sports or school
<p>13. What's the difference between energy drinks and energy shots?</p>	<p>Energy shots are smaller, but they often have even more caffeine.</p> <p>One energy shot can have 200 mg of caffeine, which is like drinking two strong cups of coffee all at once.</p>
<p>14. How old should you be to drink energy shots?</p>	<p>You should be at least 18 years old.</p> <p>They have so much caffeine that they can cause:</p> <ul style="list-style-type: none"> • Fast heartbeat • Nervousness • Sleep problems <p>Your brain keeps growing until around age 25, and getting good sleep helps it grow the right way.</p>
<p>15. How can you stop relying on energy drinks?</p>	<ul style="list-style-type: none"> • Notice what makes you want one (like feeling tired) • Try healthier choices instead • Slowly drink less over time • Ask a trusted adult or doctor if you need help