

## Caffeine and your child

According to leading caffeine researcher Roland Griffiths, PhD, of Johns Hopkins University: "Research has shown that the dose of caffeine delivered in a single can of soft drink is sufficient to produce mood and behavioral effects." He says. "Children who haphazardly consume caffeine are at risk for going through alternating cycles of withdrawal and stimulation."

In both kids and adults, too much caffeine can cause:

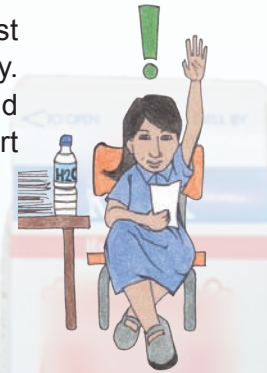
- ◇ jitteriness and nervousness
- ◇ upset stomach
- ◇ headaches
- ◇ difficulty concentrating
- ◇ difficulty sleeping
- ◇ increased heart rate
- ◇ Increased blood pressure

Drink	Caffeine (mg) per 12 oz. *
Brewed coffee	203
Red Bull	115
Tea (leaf/bag)	75
Mountain Dew	56
Tab/ Diet Cola	47
Dr Pepper/ Sunkist Orange	47
Green tea	45
Regular Cola	35-38
A&W Crème Soda	29
Root Beer (Barq's)	22.5

\*not all drinks are served as 12 oz. servings

## WATER: THE SMART DRINK

Children should drink at least 5 glasses of fluid every day. Water is a 0 calorie drink and should be an important part of a child's fluid intake.



**Sports:** Experts recommend that kids drink approximately 1 cup (240 milliliters) of water or fluid for every 20 to 30 minutes of physical activity. Although many sports drinks are available, water is enough to keep kids hydrated. Water is still the best drink for your child's body. It contains no calories.

**Affordable:** While bottled water is convenient, water from the faucet and water fountains doesn't cost anything. Look for the



water lever on many soda machines. You can usually find it beside the iced tea lever and restaurants provide small cups (no charge) for you to drink the water. Try it!

# WHAT ARE YOU DRINKING?



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If you are watching your weight, look at the calorie content of the drinks. Water is the best choice for both adults and children but when choosing other drinks for your child, look for a drink with plenty of vitamins and minerals and less sugar.

## Make water the first drink.

### Water

(8 oz)  
Calories: 0  
Sugar: 0g  
Minerals: some trace minerals.



## What's in the drinks?

### Cola type soda

(12 oz.- 1 can)  
Calories: 140  
Sugar: 33g  
Minerals: Sodium 1%  
Contains caffeine (see back panel).



### Diet Soda

(12oz - 1 Can)  
Calories: 0  
Sugar: 0g  
Minerals: 1% sodium



Some diet sodas contain caffeine (see back panel)

### 100% juice

(15.2 oz.- 1 bottle = 2 servings)  
Calories: 221  
Sugar: 51g  
Vitamins/minerals:  
Vitamin C 100%,  
10% iron  
3% calcium (orange juice)



Many parents serve too many sugary juice drinks to their children. 100% juice can be a healthy part of your child's diet and can serve as one fruit serving.

- ◇ Always look for 100% juice. If it's not 100%, it's not the best for your child.
- ◇ Be wary of products that contain words like "ade," "beverage," "cocktail" or "drink" in the name. These words indicate that a product is not 100% juice.

### Regular fruit nectars/drinks

(11.5 oz.- 1 can)  
Calories: 160  
Sugar: 35g  
Vitamins/minerals:  
100% Vitamin C, 4-20% iron  
(iron content depends on flavor)



### Lite fruit drinks

(11.5oz.- 1 can)  
Calories: 30-60  
Sugar: 8-16g  
Vitamins: 100% Vitamin C



### Fruit Punch

Malolo syrup/fruit punch  
(8 oz.-1 cup)  
Calories: 120  
Sugar: 27g  
Minerals: 1% sodium



### Sports Drink

(12 oz.-1 small bottle)  
Calories: 90  
Sugar: 22g  
Minerals:  
Sodium 7%  
Potassium 1%



\*percentages refer to recommended daily values



Drinks often sold in larger containers, and can be more calories & sugar than shown here.