

# SPORT DRINKS & OTHER BEVERAGES

## Making the SMART choice!

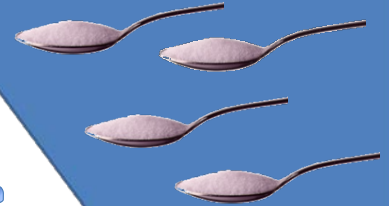
### THE AMERICAN ACADEMY OF PEDIATRICS RECOMMENDS:

- ★ Energy drinks pose potential health risks ...they are not appropriate for children and adolescents and should never be consumed.
- ★ With the exception of elite athletes, children do not need electrolyte replacement; water (not sports or energy drinks) is the best source of hydration for children and adolescents.



An 8 oz. serving of many sport drinks contains:

Almost 4 teaspoons of sugar and over 100 mg of sodium

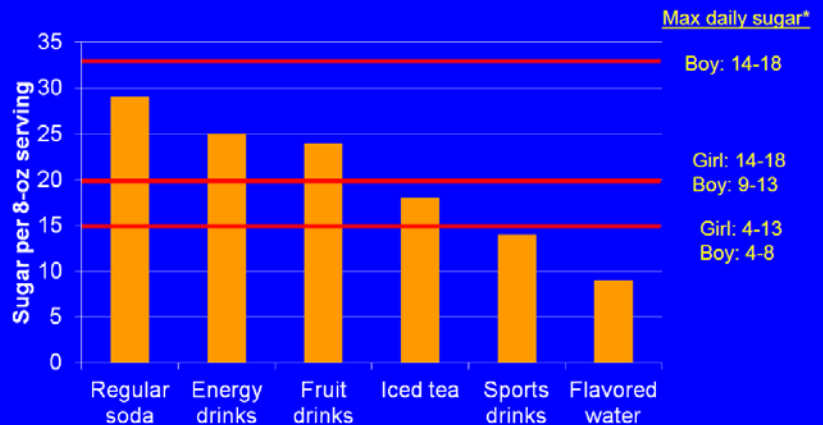


Plus colorings, artificial flavorings, and other additives

For optimal health, children (up to age 17) should have zero servings of sugary beverages a day, and never consume an 'energy' drink

## SMART choice = WATER!

"For most types of activity for children, water is still the best choice" states Ande Bloom, Registered Dietitian with the Eastern Highlands Health District. She recommends during physical activity, children drink about 10 ounces of water every 20 to 30 minutes to stay hydrated. "If children wait until they are feeling thirsty, they have waited too long" according to Bloom.



\*50% of USDA recommended discretionary calories

Yale Rudd Center