

YOUTH

YOUTH

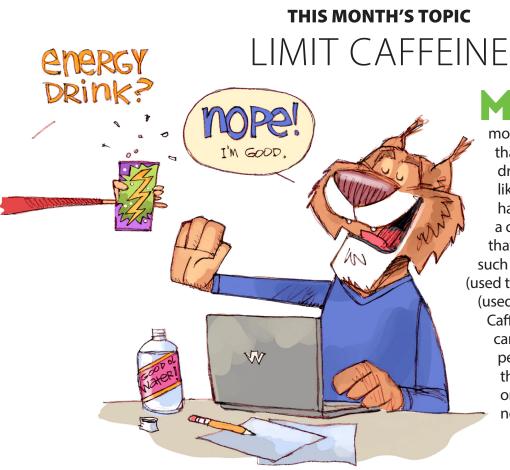
HEALTH BULLETIN *

TEETH HEALTHY

HEALTH BULLETIN

FEBRUARY 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: http://fcs-hes.ca.uky.edu/ content/health-bulletins



Lexington, KY 40506

aybe you have heard a grownup say that they need coffee in the morning to help them wake up or that energy drinks are dangerous to drink. This is because some drinks, like coffee and energy drinks, have caffeine in them. Caffeine is a chemical found in certain plants that we use to make foods and drinks, such as tea leaves, coffee beans, cacao (used to make chocolate), and kola nuts (used to give cola soda its flavor). Caffeine is a stimulant which means it can make us feel more awake. Many people drink caffeine because they think it helps them to wake up or think more clearly. But no one needs caffeine, especially kids.

Continued on the next page 😑

Cooperative **Extension Service**

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating,





Kids should mostly drink water throughout the day and milk with meals.

Continued from the previous page

People who drink caffeine every day may start to feel like they need it. If regular caffeine users don't get their daily dose, they can begin to feel bad. People who are used to caffeine and don't get it can have headaches or trouble focusing and feel tired or grumpy. Caffeine can make you feel hyper or make it difficult to focus. A lot of caffeine can also cause other, not-so-great effects. Too much caffeine can:

- make you feel nervous, jittery, or jumpy. Your hands may
- shake, or you may not feel like you can sit still;make it hard to fall asleep, which might mean
- you start to feel very tired or sleepy later on; or • give you a stomachache, headache, or
- racing heart. People with heart problems should not drink caffeine at all.

Caffeine isn't a nutrient, like calcium, so you don't need it. Kids under 12 should skip drinks with caffeine altogether. Teens should not get more than about 100 mg a day. So how much caffeine







is in certain food and drinks? Below is a list of the average amount of caffeine in common items.

- Mountain Dew (12-ounce can): 55 mg
- Coca-Cola (12-ounce can): 34 mg
- 7-Up (12-ounce can): 0 mg
- Red Bull Energy Drink (8.3 ounces): 80 mg
- Brewed coffee, drip method (5 ounces): 115 mg
- Iced tea (12 ounces): 70 mg
- Dark chocolate (1 ounce): 20 mg
- Milk chocolate (1 ounce): 6 mg

Kids should mostly drink water throughout the day and milk with meals. If you choose a soda or chocolate treat, it is a good idea to read the label to see how much caffeine is in a serving. You can look for drink options such as sparkling water or club soda, which still have carbonation (the fizz that many people like in soda) but do not contain caffeine or sugar.

REFERENCE:

ADULT

https://kidshealth.org/en/kids/caffeine.html

HEALTH BULLETIN

Written by: Katherine Ju

Katherine Jury, MS **Edited by:** Alyssa Simms **Designed by:** Rusty Manseau **Cartoon illustrations by:** Chris Ware (© University of Kentucky School of Human Environmental Sciences)