



**AMERICANA CHINESE
INTERNATIONAL SCHOOL**

HEALTH BULLETIN

Promoting Healthy Eating 2

18th October 2019

-Say NO to Energy Drinks

Energy Drinks:

A beverage that typically contains large amounts of caffeine, added sugars, sweeteners, herbal supplements, vitamins, and taurine.

Effects:

can increase alertness, attention, energy level, blood pressure, heart rate, and breathing rate.

Potential Danger to Children:

- nervousness or agitation
- upset stomach
- faster to abnormal heart rate
- dehydration, especially after activity
- sleeping problems,
- headache,
- nausea,
- vomiting,
- diarrhea,
- seizures