Katie’s Healthy Habits

Eat
Looking for a healthy energy drink? Blend fresh or frozen fruit with a scoop of frozen yogurt. There’s nothing like a protein shake to give your day a boost!

Play
Exercise to energize. Getting plenty of exercise will help you maintain your energy. Feeling tired mid-afternoon? Take a walk instead of a nap!

Take a Minute
You might be surprised how much energy you have after treating yourself to some “you” time. Set aside an hour to relax, rejuvenate, and re-energize. You deserve it!

Katie’s Fun Facts

about energy drinks...

• In the early 1900s, Scotland produced an energy drink called “Irn-Bru.”
• In 2008, energy drinks sales in the United States reached more than $3 billion.
• In France, some energy drinks have been banned due to sports-related deaths.

Kajuandra Harris Huntley, Extension Specialist, Family and Consumer Sciences, Auburn University
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Energy Drinks
What gives you energy? Ever tried an energy drink?

An energy drink is a drink that claims to provide extra energy. Energy drinks are made with caffeine, sugar, herbs, and vitamins.

Do they really provide energy? Only for a short period of time.

Common Ingredients in Energy Drinks

Caffeine
Most energy drinks have a lot of caffeine. Too much caffeine can be bad for you. If you drink too much caffeine, your heart rate will increase at first and then you will become sleepy. You can also get high blood pressure, anxiety, or headaches from drinking too much caffeine. Many energy drinks do not include the amount of caffeine on the nutrition label. You could be consuming more caffeine than you realize.

Sugar
Many energy drinks also have high levels of sugar. If you eat too much sugar, you might gain weight and your blood sugar levels might change.

Herbs and Other Ingredients
Some energy drinks boast that they contain certain herbs. It can be dangerous to take large amounts of herbs. It can also be dangerous if some herbs are consumed with some other ingredients. Herbs DO NOT make a drink healthy.

Vitamins and Minerals
Most energy drinks do not include the vitamins and minerals your body needs. Are you looking for vitamins and minerals in a beverage? Drink 100% juice or reduced-fat milk!

CAUTION!!
• Do not drink energy drinks while you are exercising. When you exercise, you sweat. When you sweat, you need to drink water. If you drink too much caffeine, sugar, and sodium while you are sweating, you could become dehydrated.
• Do not mix energy drinks with alcohol. This can be very dangerous.

Healthy Alternatives
Here are some ideas for healthy ways to boost your energy:

• Eat breakfast. Starting out your day with breakfast can rev up your metabolism.
• Eat a healthy snack between meals. Try a piece of fruit, juice, or low-fat yogurt to help fuel your body.
• Drink water. You can become tired if you get dehydrated. Drink plenty of water throughout the day.
• Exercise. Exercising will increase your metabolism and stamina.
• Sleep. You will always feel tired if you don’t get enough sleep. Aim for at least 7 hours of sleep per night.

Dear Friend,
I come to you from your county Extension office. I can tell you many things about feeding and caring for your family. Come by or call the Extension office for free material!

-Katie