

## ENERGY DRINK VS. SPORTS DRINK

# What's the difference?



### Energy drinks contain:

- Sugar
- Caffeine
- Plant extracts, such as guarana
- Herbs, such as ginseng
- Amino acids
- Vitamins
- Antioxidants, sometimes in mega-dose quantities

### They are:

- Considered "dietary supplements"
- Not FDA approved\*



### Sports drinks contain:

- Sugar
- Electrolytes

### They are:

- Categorized as "food" by the FDA, meaning strict laws apply to their labeling

\*The U.S. Food and Drug Administration (FDA) does not regulate the amount of caffeine and other stimulants in energy drinks.

## Sports Medicine Center Locations

Same-day appointments are offered five days a week in locations throughout metro Denver.

 Scan the QR code to find a location near you.



 720-777-3899

 [childrenscolorado.org/Sports](https://childrenscolorado.org/Sports)

**SPORTS MEDICINE**  
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 Children's Hospital Colorado

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# Staying Hydrated



**PREPARE // PERFORM // RECOVER // REPEAT**

*Good hydration is key to maximizing your strengths in any game. Your body needs water to maintain peak performance, especially in conditions like heat, humidity, cold, and high altitude.*

### How to hydrate

- Good rule of thumb: Drink water consistently all day. If you feel thirsty, or if you notice your urine is dark in color like apple juice, drink more. Carrying a reusable water bottle with you is a helpful way to always have some on hand. But when it comes to high-intensity play, hydrating like a champ calls for planning ahead.
- Bump up your fluid intake about four hours before practice or competition.
- Rehydrate about every 15 to 30 minutes during play. If you know you won't get a chance, pre-game hydration is especially important.
- For early morning games, start increasing hydration the day before.
- Use a sports drink after the game to replace not just fluids, but electrolytes, protein, and carbohydrates. Low-fat chocolate milk is a great option.



### What to drink

For practice or competition lasting less than one hour, water is king. For intense activity, or activity that lasts more than an hour, a sports drink can fuel working muscles and replace electrolytes lost through sweat. Look for sports drinks with four main ingredients: water, carbohydrates (such as sucrose and dextrose), sodium, and potassium.

### What not to drink

Steer clear of “enhanced” waters, coconut water, and pediatric rehydration products like Pedialyte. Sports drinks like Gatorade are calibrated to replenish a balance of fluids, carbohydrates, and electrolytes. These drinks aren't.

**DEFINITELY AVOID ENERGY DRINKS.**

### What's so bad about energy drinks?

Energy drinks can contain up to 400mg of caffeine per serving — that's equivalent to about four cups of coffee or 11 sodas. A barrage of caffeine plus other “energy boosting” ingredients equals bad news for the growing body, especially athletes: sleep disturbance, increased blood pressure and heart rate, anxiety, irritability, and vomiting just to start. Even worse, energy drinks have been linked to seizures, cardiac events, and even death.

**A QUICK BOOST OF ENERGY IS NOT WORTH PUTTING YOUR HEALTH ON THE LINE!**



Sample hydration plan for an average-sized 15-year-old soccer player:

**4 hours**  
Before game

10 oz of water

**1-2 hours**  
Before game

10-16 oz of water

**1-3 hours**  
During game

20 oz of water or sports drink in four 5 oz servings

**After game**

8 oz of water or low-fat chocolate milk