**Caffeine & Sugar in Drinks**

|  |  |  |  |
| --- | --- | --- | --- |
| **Drink** | **Typical size of bottle / cup** | **Caffeine in mg per serving** (% of daily limit for 40kg 13 year old) | **Sugar grams per serving**  (and % of daily limit) |
| **Energy drink**s (eg: Monster, Rockstar, Relentless, Irn Bru 32) | 500mls | 160 (160%) | 55 to 70g (220% to 280%) |
| Red Bull | 250mls | 80mg (80%) | 26g (104%) |
| **Other caffeinated fizzy drinks** (Colas, Dr Pepper, Irn Bru, Lucozade) | 500mls | 45 - 60mg (60%) | 50g (200%) |
| **Tea** | 250mls | 50mg (50%) | 4g for each tsp sugar added |
| **Coffee** | 250mls | 100mg (100%) | 4g for each tsp sugar added |
| **Hot chocolate** | 250mls | 5mg (5%) | 20g (80%) |
| **Sports drinks** (eg: powerade, Lucozade sport etc) | 500mls | 0 | 20 to 30g (Approx 100%) |
| **Most other sugary drinks** | 500mls | 0 | 50g (200%) |
| **Water** | 500mls | 0 | 0 |

Safe caffeine limit based on “Health Canada” guidance.

Added sugar limit from World Health Organisation target of 5% energy from “free sugars” (25g for a 13year old)

Average daily added sugar intake for Scottish teenagers is approx 80g per day.

**Alternatives to sugary caffeinated drinks:**

* Water is cheap, sugar free and caffeine free. Fizzy water is the same but fizzy!
* “Flavoured waters” often contain chemicals and / or added sugar
* “Diet” or “Sugar free” sweet tasting soft drinks are available with or without caffeine. They will be low in or free from added sugar. They contain chemical sweeteners instead. We are not sure how these affect the body.
* Pure fruit juice and smoothies are caffeine free but high in natural sugars that can harm our teeth if drunk frequently. They also contain nutrients like vitamins and minerals so small amounts are quite useful
* Eating well and regularly means that you won’t need a sudden “hit” of sugar and caffeine to pick you up.