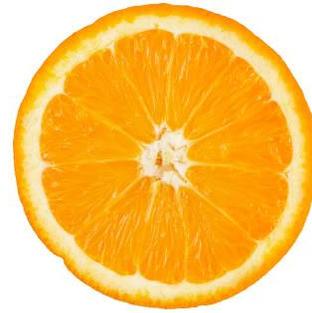


Prep School Performance Nutrition News

with
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Happy New Year! I hope that 2013 brings many good things for you and your students! This month's newsletter focuses on caffeine. Teens are interested in caffeine containing products because of their busy schedules and desire to perform well. This (and effective advertising!) drives their interest in energy drinks, energy shots, and caffeine enhanced products. But caffeine use is a concern in a population that is already short on sleep! Read on for the latest info and some tips.

– **Kathleen Searles, MS, RD, CSSD, LDN**



Breaking News!!

The International Society of Sports Nutrition has just issued a position statement on energy drinks and energy shots. They recommend that teens only use them with parental approval and an awareness of the potential side effects. To read the abstract of the position statement, go to

<http://www.jssn.com/content/10/1/1/abstract>.

Caffeine Basics

Caffeine has been in the news a lot lately as health experts discuss the risks posed by heavily caffeinated products such as energy shots and energy drinks. Caffeine occurs naturally in coffee beans, tea leaves, kola nuts and several other plants. It is also used as an additive. When ingested, it acts as a stimulant to the central nervous system and also affects the cardiovascular system. This stimulant effect can be either potentially beneficial or harmful.

Positive effects of caffeine

Increased alertness
Increased coordination
Enhanced endurance performance
Improved performance in high intensity

Are you worried about how your students are using caffeine? Call or e-mail today to set up some informational sessions about using caffeine wisely. Kathleen Searles, a board certified specialist in sports dietetics, will let students know about how caffeine may help them perform, about using caffeine safely, and about the many products they use that contain caffeine. Contact Kathleen Searles, MS, RD, CSSD, LDN at 978-697-2834 or ksearles@lunchbox-nutritionist.com.

Caffeine control strategies for students

- Read labels on beverages to look for caffeine content and less familiar

activities lasting 20 minutes or less
Decreased perception of mental and physical fatigue

Negative effects of caffeine

Increased blood pressure and heart rate
Gastrointestinal upset
Impaired sleep
Habituation (with potential for withdrawal headaches)

Risks of Excessive Caffeine Intake

Individuals vary in their tolerance to caffeine, which may in part result from genetics. People who use caffeine regularly do not notice as much effect as people who seldom consume caffeine. Too much caffeine can lead to jitteriness, nervousness, increased blood pressure and heart rate, and difficulty sleeping. There have been reports of heartbeat irregularities, seizures, and even death associated with consuming high caffeine products.

Safe Intake of Caffeine

Caffeine is classified as a "generally recognized as safe" compound by the FDA and American Medical Association, but this classification is based on studies in adults. The average daily intake of regular caffeine using adults is about 227 mg/day. Children ages 12-17 average about 70 mg/day. TeensHealth.org recommends that teens limit their intake to less than 100 mg of caffeine daily.

Caffeine use in children and adolescents has not been studied much. Studies are looking at whether caffeine has negative effects on brain development and whether caffeine's action on brain reward and addiction centers may affect risk of illicit drug use/preference. Researchers are also following up on possible associations between caffeine use and risk taking behaviors, aggression, and attention or conduct problems.

New regulations on energy drinks in Canada

Effective 1/2/13 Canadian law limits the caffeine content of single-serving beverages to 180 mg. Multi-serving, resealable bottles are limited to 400 mg/liter. The law also reclassifies energy drinks as food products rather than natural health products. This has required some manufacturers to reformulate their products. The law was enacted following reports of adverse effects related to energy

stimulant ingredients such as guarana or mate

- Check labels for portion size and number of portions per container
- Consider all caffeine sources for the day – coffee, tea, energy drinks, energy shots, caffeine enhanced gum, chocolate, medications, etc.
- Limit intake to 100 mg/day
- Avoid caffeine after 4 PM

Caffeine content of common beverages (per 8 oz. serving)

- Coffee 100-200 mg
- Iced Tea 10-50 mg
- Cola 20-30 mg
- Mountain Dew 47 mg
- Rockstar Energy Drink 80 mg
- Red Bull Energy Drink 80 mg
- Full Throttle Energy Drink 100 mg
- Note: a 1.9 ounce 5 hour energy shot contains 208 mg of caffeine
- For a comprehensive list of caffeine containing beverages, check out this link from the Center for Science in the Public Interest.
<http://www.cspinet.org/new/cafchart.htm>

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drink consumption. In the US energy drinks continue to be labeled in some cases as food and in some as dietary supplements.

References

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