

## The Hidden Dangers of Energy Drinks

According to a published report in *Pediatrics*, there is an overall lack of research and regulation associated with energy drinks in addition to reports of toxicity and high rates of consumption.

Surveys cited by research show that energy drinks are consumed by 30% to 50% of children, adolescents, and young adults. Current evidence questions the use of these drinks in young people because they provide no therapeutic benefits and are associated with risks for serious adverse health effects such as seizures, elevated blood pressure, and heart problems.

Energy drinks are categorized as dietary supplements and, therefore, avoid the limit of 71 mg of caffeine per 12 ounces that the Food and Drug Administration (FDA) has set for other drinks, such as soda. They also get around safety testing and labeling requirements that are required for other products regulated by the FDA.

As a result, energy drinks can contain as much as 75 to 400 mg of caffeine per container. Researchers recommend only approximately 50 mg of caffeine per day for children and 100 mg of caffeine per day for adolescents. They also



note that high amounts of caffeine in energy drinks may interfere with bone development during a critical period of skeletal development.

Those at the highest risk for adverse health effects include: all children; all adolescents; young adults with cardiac conditions, attention-deficit hyperactivity disorders, eating disorders, and diabetes; and those taking medications.

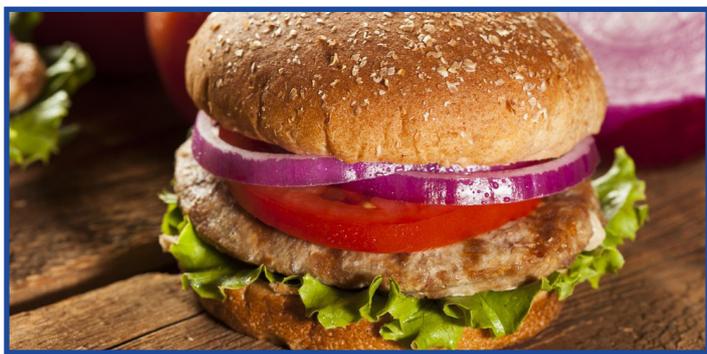
It should also be noted that many energy drinks also contain other unregulated additives and a high quantity of sugar, which adds extra calories and contributes to tooth decay.

### Make a Healthier Choice

Instead of..	Try...
<b>Glaceau® Vitamin Energy Dragonfruit</b> 200 cal, 0g fat, 50g sugar	<b>Glaceau Smart Water®</b> 0 cal, 0g fat, 0g sugar
<b>Starbucks® Frappuccino Coffee</b> 200 cal, 3g fat, 32g sugar	<b>Honest Tea® Organic Green Tea Honey</b> 74 cal, 0g fat, 0g sugar
<b>Sobe Energy® Essential Berry Pomegranate</b> 240 cal, 0g fat, 56g sugar	<b>Sobe Lean® Mango Melon</b> 12.5 cal, 0g fat, 0g sugar
<b>Red Bull®</b> 110 cal, 0g fat, 27g sugar	<b>Propel Invigorating Water® Citrus</b> 50 cal, 0g fat, 0g sugar
<b>Amp Energy™</b> 220 cal, 0g fat, 58g sugar	<b>Dasani Plus® Pomegranate Blackberry</b> 0 cal, 0g fat, 0g sugar
<b>Rockstar Original®</b> 280 cal, 0g fat, 62g sugar	<b>Fuze® Slenderize® Tropical Punch</b> 10 cal, 0g fat, 0g sugar

Family-Friendly Recipe

# Turkey Primavera Burgers



*Yields: 4 servings  
11g fat, 340 calories, 330mg sodium, 36g carbs, and 26g protein,  
165g cholesterol.*

## Ingredients

3/4 lb ground turkey  
1/4 cup mushrooms  
1/4 cup frozen peas  
2 eggs, lightly beaten  
1/4 cup shredded carrots  
Whole wheat hamburger buns  
Nonstick cooking spray  
Lettuce, tomato, onion (optional)

## Directions

1. Combine the first five ingredients in a large bowl.
2. Divide into four patties.
3. Spray skillet with cooking spray and heat on medium heat.
4. Cook patties for four minutes on one side, flip and cook an additional three minutes.
5. Place burger on a whole wheat bun.
6. Top with lettuce, tomato, and onion, if desired.



## District 146 Wellness Committee:

Matt Kociolek, Fulton (Wellness Coordinator); Allyson Bober, Memorial; Jeff Charleston, District; Regina Mayer, Central; Dan McLaughlin, Fulton; Wendy Miotti, Fierke; Lauren O'Donnell, District; Terri Stahulak, District; and Marian Betley, Kruse.

# Let's Get Moving!

*The Four Types of Exercise you Need  
(Continued from the Spring issue)*

In addition to **aerobic exercise** and **muscle strengthening**, which were mentioned in the Spring issue, here are the other two types of exercise. Each one helps your body in a different way.

1. **Bone strengthening** exercise helps your bones grow and keeps them strong. You should do these at least three times a week. Bone strengthening activities include:

- Jumping rope
- Hopping and Skipping
- Running
- Hiking
- Gymnastics
- Basketball
- Volleyball
- Tennis

2. **Stretching** makes your muscles more flexible. Being flexible helps you avoid getting hurt. Activities great for stretching and flexibility are:

- Toe touches
- Side Stretches
- Yoga
- Martial Arts
- Dance
- Gymnastics



Students in District 146 are fortunate to have many opportunities to work on exercises that improve strength, flexibility, and endurance. Quality physical education classes focus on each of these areas. We also offer before and after school athletic opportunities to increase ways to stay active. Check with your school's P.E. teacher(s) for additional information!

## *The bottom line on exercise...*

Exercise and physical activity are great ways to feel better, gain health benefits, and have fun on your own or with family and friends. Aim for at least 30 minutes of physical activity every day. If you want to lose weight or meet specific fitness goals, you may need to exercise more. Adults, remember to check with your doctor before setting a new program, especially if you have any health concerns.