



The Buzz Over Caffeine

5210 Introduction


Caffeine is a drug that occurs naturally in many foods and drinks that we consume each day. However, too much caffeine for children can lead to serious health problems. Kids who drink one or more sweetened, caffeinated soft drinks per day are 60% more likely to be obese. Use the challenges below to start teaching kids what's in their drinks and how to limit their consumption of caffeine.


#rethinkyourdrink
#buzzaboutcaffeine
#5210HC



Post to Social Media

Just copy, paste and post!

 Did you know caffeinated energy drinks contain caffeine levels ranging from 50 mg (equivalent to a can of soda) to 500 mg (equivalent to 5 cups of coffee) and, often, very high levels of sugar. Start limiting caffeine use for your kids today and check out healthy alternative options <https://bit.ly/2S9I5w3>. To learn more about 5210 Healthy Children, visit 5210.psu.edu!

 Did you know caffeine can impair your child's growth and development? Soda, energy and sports drinks of full of caffeine. Use <https://bit.ly/2MOUCh5> to see how much is in your kids drinks and learn how to replace caffeinated drinks with better choices.
#rethinkyourdrink #5210HC

Choose a Challenge

Caffeine Counts

<https://5210.psu.edu/wp-content/uploads/2018/11/Caffeine-Counts-hc.pdf>

Buzz in a Bottle

<https://5210.psu.edu/wp-content/uploads/2018/11/Buzz-in-a-Bottle-hc.pdf>

Caffeine and School Don't Mix

<https://5210.psu.edu/wp-content/uploads/2018/11/Caffeine-and-School-Performance-Don't-Mix-hc.pdf>

Natural and Healthy Energy Drink Recipe

<https://5210.psu.edu/wp-content/uploads/2018/11/Natural-and-Healthy-Energy-Drink-Recipe-hc.pdf>

Provide Feedback

Complete the feedback tool to let us know how your monthly booster went - what did you do, how and where did you distribute information, who all got involved, what worked, what didn't work, what did you like, what didn't you like, what did the kids and families seem to enjoy, or give us your ideas!

[5210 Monthly Booster Feedback Tool](#)

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FOR MILITARY FAMILY READINESS