

# Energy Drinks

Energy drinks are high in **sugar** and have high levels of **caffeine**



16 1/2 tps  
sugar



13 3/4 tps  
sugar



7 tps  
sugar



6 3/4 tps  
sugar



6 tps  
sugar

A diet too high in **sugar** risks weight-gain, which is linked to tooth decay, heart disease, some cancers and type 2 diabetes

High levels of **caffeine** can lead to anxiety, panic attacks and increased blood pressure

Energy drinks contain Zero nutritional value

**SUGAR SMART**