**Energy Drinks/Sports Drinks**

McKinney ISD School Health Advisory Council strongly recommends that students not consume energy drinks. <http://www.medscape.com/viewarticle/743634>

The American Academy of Pediatrics guidelines note:

* Energy drinks should never be consumed by children or adolescents, because the stimulants they contain pose potential health risks.
* Children and adolescents should avoid and restrict routine consumption of carbohydrate-containing sports drinks, which can increase the risk for overweight, obesity, and dental erosion.
* For pediatric athletes, sports drinks should be consumed in combination with water during prolonged, vigorous physical activity, when rapid replenishment of carbohydrates and/or electrolytes is needed.
* For children and adolescents, water, not sports drinks, should be the principal source of hydration.”