



## Energy Drinks

Energy drinks are full of caffeine, sugar and calories. Consuming a lot of energy drinks can lead to heart palpitations, anxiety and insomnia – which can make you feel jittery, irritable and put on weight.

### **One can of Rockstar energy drink (480ml) contains;**

- 280 calories (more than 10 per cent of your recommended daily allowance and the same as a McDonalds Cheeseburger or two slices of Pizza Hut Chicken Supreme)
- 62g of sugar (the recommended daily allowance for a woman is 50g)
- 160mg of caffeine (a regular black coffee contains 95mg)

If you'd like to learn more about health food and drink choices then **contact the team.**