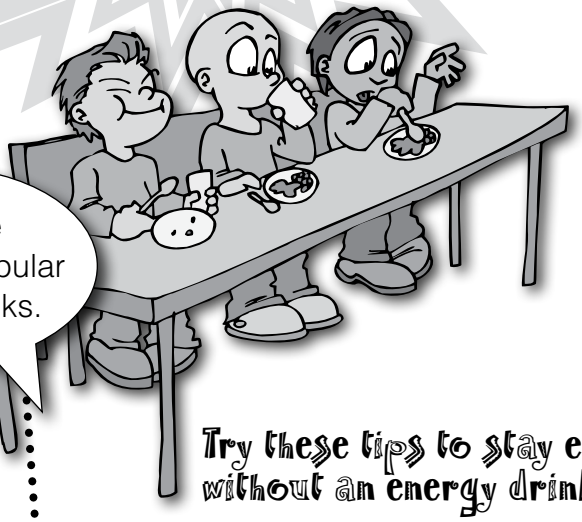
FN1435 (Reviewed Nov. 2026)

Eat Smart.
Play Hard.

Do You Need an Energy Drink?



Do you know what's in an energy drink?

Do a little detective work. Read the ingredient list, which shows the ingredients from the largest amount to the smallest amount.

Energy drinks often contain high amounts of caffeine and sweeteners. Besides caffeine, some energy drinks contain large amounts of calories with few nutrients. Energy drinks may contain substances such as guarana and taurine, both of which might produce harmful effects when consumed in excess.

People often substitute energy drinks for healthier beverage choices, so compare the Nutrition Facts labels. Energy drinks provide few if any of the needed vitamins and minerals provided by healthier beverage choices. Plain water is a better choice for most individuals.

Try these tips to stay energized without an energy drink:

- ▲ Eat breakfast every day.
- ▲ Have regular meals or snacks every three or four hours.
- ▲ Stay hydrated by drinking plenty of fluids, such as water, milk and 100% juice.

Try this recipe to give you energy and a nutrition boost:

Fruit for the Day Smoothie

1 7-ounce can mandarin oranges (in light syrup)
2 frozen bananas, peeled and sliced
2 c. frozen unsweetened strawberries
1½ c. fat-free milk

Add all ingredients to the blender in the order listed above. Be sure to hold down the lid and blend on low speed for 30 seconds. Then blend on high speed for 1 minute.

Makes four servings. Each serving has 140 calories, 31 grams (g) carbohydrate, 0 g fat and 3 g fiber.

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Eat Smart.Play Hard.
For more information, visit **www.ag.ndsu.edu/food**.

North Dakota State University is an equal opportunity educator and employer. This work is supported by the U.S. Department of Agriculture's National Institute of Food and Agriculture. Requests for accommodations related to disability may be made at 701-231-1865. web-8-19; web-7-24; web-11-26