



Our Children and Caffeine

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Preduce by: Health promotion Department
Supreme Council For Family Affairs -SHJ



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Most of us start our day with a dose of caffeine do our children as well?

According to the American Academy of Children, the recommended limit of caffeine consumption daily for children aged 18-12 years is 100 mg/day, while no consumption at all for children younger.

Caffeine sources:

Amount of caffeine (mg)/serving size



Arabic coffee
(Arabic coffee cup)
(4.1mg)



Latte coffee
(medium cup)
(125mg)



Espresso coffee
(small cup)
(128mg)



Tea
(medium cup)
(42mg)



Karak tea
(medium cup)
(28mg)



Chocolate
(one piece)
(45mg)



Soft drinks
(Pepsi can)
(35.3mg)



Energy Drinks
(Red Bull can)
(80mg)



Study result:

Survey study of total intake of food sources of caffeine and energy drinks among school students in the United Arab Emirates

It has been shown, through the results of a study recently conducted by the Health Promotion Department in the Supreme Council for Family Affairs in Sharjah and the University of Sharjah (2022-2021), that most of the school children participating in the United Arab Emirates are consuming more than the maximum limit of consumption, and the amount is increasing. Caffeine intake increases with age, reaching 350 mg/day for some.



The study showed that the two sources of caffeine most consumed by school students in the country were as follows (from highest to lowest quantity) by grade level

Classification of sources of caffeine according to consumption from highest to lowest	primary or elementary level/Cycle 1	Intermediate level/Cycle 2	Secondary level/Cycle 3
1	Soft drinks	Latte coffee	Latte coffee
2	Karak tea (tea with evaporated milk)	Instant coffee	Espresso coffee



Side effects of excessive caffeine intake:



Hypertension



Increased heart rate



Increased secretion and sometimes dehydration



stomach pain



Sleep disorders, which in turn negatively affect the overall processes of physical and cognitive development and growth in school-age children



Tips for parents:

Know your child's caffeine consumption:

Be sure to monitor and control your child's caffeine intake from various sources, such as coffee, tea, sweetened soft drinks, and chocolate, and he\she must be prevented from consuming energy drinks.

Gradually reducing the amount of caffeine:

Encourage your son to gradually reduce his intake of caffeine sources to help him accept this.

At least choose decaffeinated items:

to reduce the amount of caffeine as much as possible.

Encourage your child to:

Drink plenty of water to maintain hydration and prevent dehydration that may be caused by excessive caffeine intake.

Monitoring the quality and nature of sleep in children:

A decrease in the duration and quality of sleep is an indication of excessive consumption of various sources of caffeine, which may cause more complex problem such as insomnia, delayed growth, and decline in academic and cognitive performance.

Talk to your child:

Explain to him the harmful effects of caffeine and its sources in different foods
(Together, let us build a healthy and conscious generation)





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