

Children's Health Minute

Air Dates: Week Sept. 11, 2006

"Caffeine and Kids"

Spot # CHMS06B

Dr. Hellerstedt: Should parents be concerned about their kids drinking beverages that contain caffeine?

Hi, I'm Dr. John Hellerstedt with the Children's Health Minute -- connecting families with Children's Medicaid and CHIP.

Caffeine is found in soft drinks, chocolate, tea and coffee.

Most medical experts agree that caffeine consumption should be limited in children. Caffeine is a stimulant that can cause nervousness, irritability and insomnia. Normal kids certainly don't need caffeine.

Too many of these drinks can replace the foods that your child needs to grow and develop. Caffeine also may decrease the body's ability to make the best use of the calcium in the food your child eats.

Offer your children milk, juice, water or caffeine free, non-carbonated drinks to make sure they stay healthy and grow strong.

Announcer: Keep your kids healthy. Call toll-free 1-877-KIDS NOW to apply or when it's time to renew your children's health insurance. Six months of coverage for all your children costs just 50 dollars or less, but most families pay little or nothing. That's 1-877-KIDS NOW.