

## **Beverage Caffeine Intakes in Young Children In Canada and the US**

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Title: Beverage Caffeine Intakes in Young Children In Canada and the US \_\_Authors: Carol Knight, PhD, Ian Knight, BS, Diane Mitchell, MS, RD

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Supported by the ILSI North America Caffeine Working Group \_\_Abstract: Throughout childhood there is a shift from predominantly milk-based beverage consumption to other types of beverages, including those containing caffeine. Although a variety of health effects in children and adults have been attributed to caffeine, few data exist on caffeine intake in children aged one to five years.

Considerably fewer Canadian children than American children consume caffeinated beverages (36% verses 56%); Canadian children consume approximately half the amount of caffeine (7 verses 14 mg/day in American children). Differences were largely because of higher intakes of carbonated soft drinks in the US.

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