

Effective Ways To Reduce CAFFEINE

Intake In Kids



Know your child's caffeine intake

Talk to them about caffeine's
ill effects



Train them to read food/drink
labels

Serve them refreshing beverages
such as coconut water and
homemade lemonade



Watch out for signs of
overconsumption

Gradually limit their caffeinated
food/drink intake



References

1. Should my child be drinking caffeine?; Children's Health Queensland Hospital and Health Service
2. Caffeine and Children; American Academy of Child and Adolescent Psychiatry