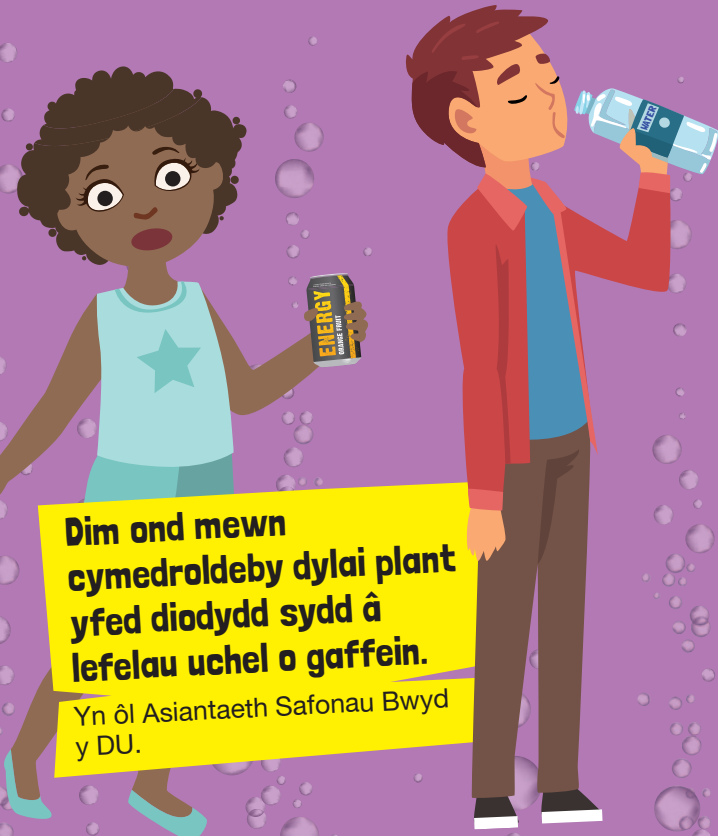


## Diodydd Egni

Y prif symbylyddion sydd mewn diodydd egni yw Caffein, Tawrin a Glucuronolacton. Mae hefyd lefelau uchel o siwgr a/neu felysyddion artiffisial ynddynt. Mae'r siwgr mewn diodydd egni yn achosi cynnydd cyflym o siwgr ac inswlin yn y gwaed sydd yn ddiweddarach yn arwain at deimlad o flinder ac iselder. Gall diodydd gwella perfformiad, a farchnatir i bobl ifanc, gynnwys saith gwaith cymaint o gaffein â chwpanaid gryf o goffi. Gall cyfanswm y Caffein mewn rhai tuniau neu boteli o ddiodydd egni fod yn uwch na 500mg, sy'n cyfateb i 14 tun o ddiodydd ysgafn arferol sydd â chaffein ynddynt. I rywun sy'n sensitif i Gaffein, mae 200mg yn ddigon iddynt gael llawer o symptomau meddwdod Caffein.



Dim ond mewn cymedroldeby dylai plant yfed diodydd sydd â lefelau uchel o gaffein.

Yn ôl Asiantaeth Safonau Bwyd y DU.

2693-19 Dyluniwyd ac Argraffwyd gan Argraffu HDC

Mae gan Gaffein beryglon ar gyfer plant a gall effeithio ar yr ymennydd a'r galon sy'n datblygu. Gall arwain at ddibyniaeth. Argymhellir y dylid annog plant i beidio â chymryd Caffein. Y ffordd fwyaf cyffredin y byddai plant yn dod i gysylltiad â Chaffein fyddai mewn diodydd ysgafn, sydd â thua 24mg o Caffein ymhob dogn.

Astudiaeth a gynhaliwyd gan ymchwilwyr o'r American Academy of Paediatrics Committee on Nutrition (CON) a'r Cyngor ar Feddygaeth Chwaraeon a Ffitrwydd (COSMF).

## Symptomau meddwdod Caffein

Mae caffein yn symbylydd a all achosi:

- Curiadau calon cyflym, afreolaidd a chrychguriadau
- Aflonyddwch
- Nerfusrwydd
- Ymosodiadau panig
- Natur flin
- Cryndod
- Poen abdomenol
- Cyfog
- Chwydu
- Dolur rhydd
- Troethlif (cynnydd mewn troethi)



# Energy Drinks...



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## Energy Drinks

The main stimulants in energy drinks are Caffeine, Taurine and Glucuronolactone. There are also high levels of sugar and or artificial sweeteners present. The sugar in energy drinks causes blood sugar and insulin spikes which later result in a "crash like" feeling. Performance-enhancing drinks, which are marketed to young people, can contain seven times as much Caffeine as a cup of strong coffee. The total amount of Caffeine in some cans or bottles of energy drinks can exceed 500mg, which is equivalent to 14 cans of common caffeinated soft drinks. For someone who's sensitive to Caffeine, 200mg is enough for them to have many of the symptoms of Caffeine intoxication.



**Children should only consume in moderation, drinks with high levels of caffeine.**

According to Food Standards Agency UK advice.

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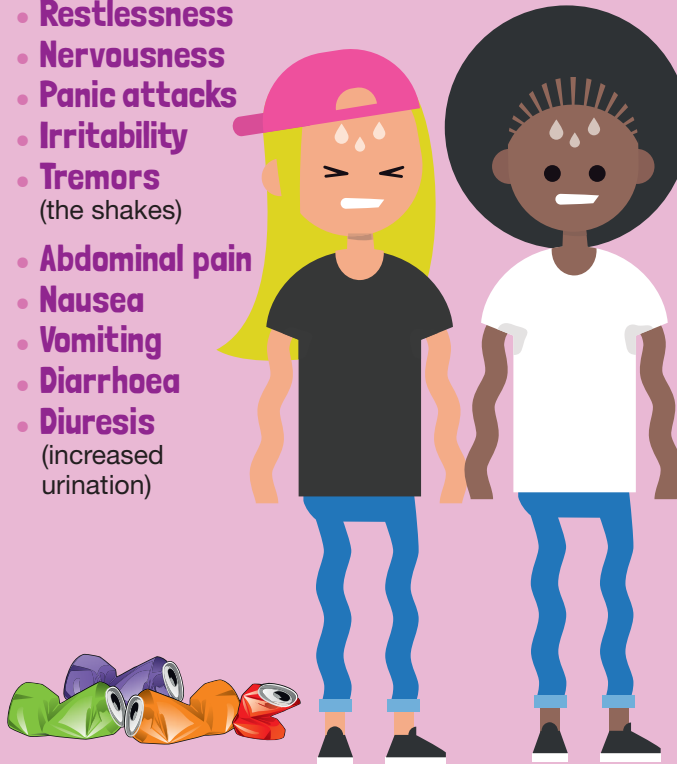
**Caffeine has dangers for children and can affect the developing brain and heart and the risk of developing addiction. It is recommended that children should be discouraged from consuming Caffeine. The most common way children would be exposed to Caffeine is in soft drinks, which have around 24mg of Caffeine per serving.**

Study carried out by researchers from the American Academy of Paediatrics Committee on Nutrition (CON) and Council on Sports Medicine and Fitness (COSMF).

## Symptoms of Caffeine Intoxication

**Caffeine is a stimulant that can cause:**

- Rapid, irregular heartbeats & palpitations
- Restlessness
- Nervousness
- Panic attacks
- Irritability
- Tremors (the shakes)
- Abdominal pain
- Nausea
- Vomiting
- Diarrhoea
- Diuresis (increased urination)



# Diodydd Egni...



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