

**Considerations for Vending Machine Beverages**

There are a wide range of beverage options available for vending machines, with different health issues depending on additives or ingredients.

Additive or Ingredient	Issue(s)
Artificial sweeteners	<ul style="list-style-type: none"> <li>• Intensely sweet</li> <li>• Can increase desire for artificially sweet-tasting drinks and foods, instead of plain water and naturally sweet foods (e.g., fruit)</li> <li>• Safety is not well studied in children, especially if they consume a lot over time</li> </ul>
Caffeine	<ul style="list-style-type: none"> <li>• May cause jitteriness, nervousness, anxiety, gastrointestinal upset, tachycardia, insomnia and other negative impacts</li> <li>• Children are more sensitive to effects</li> </ul>
Carbonation	<ul style="list-style-type: none"> <li>• Acidity can weaken tooth enamel and lead to cavities</li> </ul>
Sugar (added or natural)	<ul style="list-style-type: none"> <li>• Contributes to excess sugar in the diet</li> <li>• Can promote bacterial growth and lead to cavities</li> </ul>

*Note:* All single-use beverage containers contribute to environmental waste concerns

**Vending Machine Beverages Available**

Water

Plain water

- Sugar-free, calorie-free
- Best choice for hydration and to quench thirst

Flavoured waters (e.g., Perrier, Aquafina, Nestle)

- Usually contain added sugar, artificial sweeteners and/or carbonation

Vitamin waters

- Contain added sugar or artificial sweeteners
- Vitamins commonly added are typically already adequate in the Canadian diet

Milk or Soy-Based Drinks

White milk or plain fortified soy beverage

- No added sugar
- Contain vitamins, minerals and protein (amount varies depending on product)

Flavoured milks (e.g., chocolate milk) or flavoured fortified soy beverages

- Contain added sugar or artificial sweeteners
- Contain vitamins, minerals and protein (amount varies greatly depending on product)

## Fruit Based Drinks

### 100% fruit or vegetable juices

- Contain natural sugar
- Contain vitamins and minerals (amount varies depending on product)
- Vegetable juices contain sodium, which causes high blood pressure in excessive amounts (amount varies depending on product)
- Container sizes currently sold in vending machines are larger than daily maximum fruit juice recommended for children (1/2 cup or 125 mL)

### Fruit drinks, fruit cocktails, or fruit punch

- Contain added sugar and/or artificial sweeteners
- Usually contain minimal amounts of vitamins and minerals

## Drinks that Contain Caffeine

### Energy drinks (e.g., AMP, Red Bull)

- Contain added sugar or artificial sweeteners
- May contain carbonation
- Contain high amounts of caffeine
- Contain other additives and herbal ingredients that may have negative impacts
- Additional health concerns when combined with alcohol or physical activity
- Not recommended for children or teenagers

### Iced tea (regular and diet)

- Contain added sugar or artificial sweeteners
- Contain caffeine

### Flavoured coffee or espresso beverages (e.g., iced coffee, Frappuccino)

- Contain added sugar or artificial sweeteners
- Contain caffeine

### Pop and soft drinks (regular and diet)

- Contain added sugar or artificial sweeteners
- Contain carbonation
- May contain caffeine

## Other Drinks

### Sport drinks (e.g., Gatorade, Powerade)

- Contain added sugar or artificial sweeteners
- Added electrolytes and sugar are only needed when physical activity is intense and longer than one hour, or performed in extreme heat