



Caffeine

ANSWERING YOUR QUESTIONS

What is Caffeine?

- most popular drug consumed worldwide
- a stimulant and diuretic (increases urine flow)

Where do you find caffeine? *(see chart on other side for common sources of caffeine)*

- coffee, tea, cola-type drinks, cocoa products like chocolate
- some medications, energy drinks, diet aids



A Hidden source of caffeine: Some energy drinks and soft drinks contain guarana. Guarana contains a caffeine like substance that has the same stimulating effect as caffeine. Energy drinks made with guarana can have up to 260 mg of this caffeine-like compound in a 500 ml bottle. Check the ingredient list on the label of your energy drink for guarana.

How will caffeine affect me?

- caffeine affects each person differently
- differences depend on how much caffeine you consume, your age, body size, how you process it and your health
- some people may become addicted by consuming as little as 200 mg of caffeine/day

Caffeine may cause a short-term increase in:

- heart rate, blood pressure
- body temperature
- breathing rate
- amount of urine produced
- alertness and performance on certain tasks
- stomach acid which can irritate a peptic ulcer

Caffeine may also cause:

- headaches, tremors, nervousness, irritability and problems sleeping

What is a safe amount of caffeine for adults? *(see chart - Recommended Max. Caffeine Intakes)*

- 400 - 450 mg each day
- this amount of caffeine per day, for most people, does not cause side effects or increase the risk of any disease including cancer, heart disease or osteoporosis (bone loss)

Will caffeine sober me up?

- no, caffeine does not reduce the amount of alcohol in the blood stream

Can I consume caffeine when trying to get pregnant, pregnant or breastfeeding?

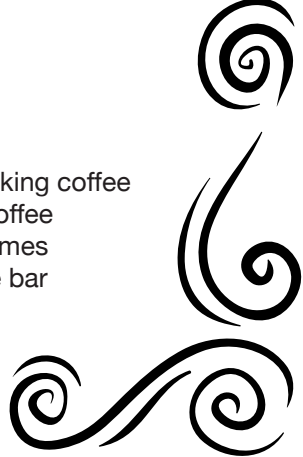
- these women should limit caffeine intake to no more than 300 mg per day
- caffeine crosses the placenta and reaches the unborn baby
- some evidence shows that having more than 300 mg/day is related to miscarriages and low birth weight babies
- caffeine also gets into breast milk and this may make babies fussy

What is a safe amount of caffeine for children and teens?

- no more than 2.5 mg caffeine per kilogram (1.14 mg caffeine per pound) of weight per day
- sugar is sometimes blamed for getting kids hyper but it may be the side effects of caffeine that is in the sugary foods, such as chocolate and cola
- children's and teens' intake of caffeine is on the rise
- soft drinks and coffee are replacing healthy beverages and may affect growth, energy level and overall health
- parents should offer and provide milk and water for children and teens



TIPS for cutting back on caffeine:

- buy smaller sized coffees
 - make weaker tea or try herbal teas
 - drink more water or milk
 - mix half regular coffee with half decaffeinated coffee
 - use less coffee grounds when making coffee
 - drink latte, half heated milk half coffee
 - drink decaffeinated coffee sometimes
 - grab a fruit instead of a chocolate bar
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COMMON SOURCES OF Caffeine

A moderate amount of caffeine for adults is no more than 400 - 450 mg

Coffees



	Serving Size	Caffeine (mg)
Coffee (variety of brands)	1 cup ^{**} (250 ml)	137
Coffee, roasted and ground (percolated)	1 cup (250 ml)	118
Coffee, roasted and ground (filter drip +)	1 cup (250 ml)	179
Coffee, regular instant (variety of brands)	1 cup (250 ml)	76 - 106
Coffee, decaffeinated brewed (variety of brands)	1 cup (250 ml)	3
Café Latte	1 cup (250 ml)	35
Cappuccino	1 cup (250 ml)	69
Espresso	2 oz (60 ml)	70 - 125

Teas

Tea (variety of brands)	1 cup (250 ml)	43
Iced Tea (bottled, canned or powder)	1 cup (250 ml)	15
Green Tea	1 cup (250 ml)	30
Herbal Tea	1 cup (250 ml)	0
Tea, decaffeinated	1 cup (250 ml)	0

Please note that mugs and take-out cups are often larger than 250 ml and would therefore contain more caffeine.

Soft Drinks



Pepsi/Coke or cola type beverages	355 ml (1 can)	37
Diet Pepsi/Coke or cola type beverage	355 ml (1 can)	50
7-up, Crush Flavours, Mountain Dew	355 ml (1 can)	0
Soft Drinks, decaffeinated	355 ml (1 can)	0

Chocolate Products

Chocolate Milk	1 cup (250 ml)	5 - 8
Baking Chocolate	28 g	25 - 58
Hot Chocolate, from vending machine or mix	1 cup (250 ml)	5 - 9
Chocolate Bar	45 g	11 - 23
Chocolate Brownie (6 cm x 6 cm)	1.5 oz (42 g)	10
Chocolate Cake (1/12 cake)	2.8 oz (80 g)	6

Yogurt



Coffee-flavoured Yogurt	175 g	10
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Medicine

Medicine	check label for the caffeine content
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The above values are given as approximations or ranges and values will vary depending on the food manufacturer, brewing method, plant variety and brand.

•• 1 cup = 8 fl. oz.

+ Coffee shops serve filter drip coffee

Recommended Maximum Caffeine Intakes

Age/Stage or Life	Maximum Amount Caffeine/Day
0 - 3 years	0 mg/day
4 - 6 years	45 mg
7 - 9 years	62.5 mg
10 - 12 years	85 mg
13+ years (adolescents)	2.5 mg/kilogram of body weight
Adults	400 - 500 mg
Women planning pregnancy	300 mg
Pregnant/Breastfeeding women	300 mg

Adapted from
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