

What's the Buzz About Caffeine?

Where is caffeine found?

- ❖ Coffee beans
- ❖ Tea leaves
- ❖ Kola nuts
- ❖ Some soft drinks
- ❖ Prescription drugs
- ❖ Over-the-counter drugs



Caffeine Content in Commonly Consumed Items

| Item | Serving Size | Amount of Caffeine |
|--------------------|--------------|--------------------|
| Drip-brewed coffee | 8 oz | 85 mg |
| Hot tea | 8 oz | 40 mg |
| Cola-type drinks | 12 oz | 40 mg |
| Hot cocoa | 8 oz | 6 mg |
| Excedrin | 1 capsule | 65 mg |



Can caffeine affect my health?

- ❖ Caffeine is a mild stimulant.
- ❖ Studies have not shown any direct link between moderate amounts of caffeine (about 300 mg. per day) and:
 - Heart disease
 - Chronic high blood pressure
 - Cancers
 - Fibrocystic breast disease
 - Osteoporosis
 - Fertility or birth defects

Does caffeine affect everyone in the same way?

- ❖ No, people differ in their sensitivity towards caffeine.
- ❖ If you are more sensitive, caffeine may disrupt your sleep or make you feel agitated.
- ❖ Children are affected in the same way, so use common sense when giving children foods that contain caffeine.

The bottom line about caffeine:

- ❖ Moderate amounts of caffeine are safe (about 300 mg/day).
- ❖ If you are sensitive to caffeine, use only what is comfortable to you.
- ❖ If you are pregnant, follow your doctor's recommendations.