

Amounts of Caffeine in Products

Food **Milligrams**

DESSERTS/YOGURTS

Small chocolate bar.....	up to 30
Coffee/cappuccino desserts and yogurts	8-85
Chocolate Brownie.....	8
Dark chocolate (1 oz).....	20
Milk chocolate (1 oz)	6

COFFEE (6 oz)

Regular Brewed.....	60-175
Instant	60-95
Decaf Brewed.....	4.5
Instant Decaf.....	2
Espresso (2 oz)	24-100
Regular Starbucks (8 oz).....	250
Grande Starbucks (16 oz).....	550
Cappuccino	90

SOFT DRINKS (12 oz)

Red Bull.....	80
Jolt	71
Josta.....	58
Pepsi One.....	56
Mountain Dew (regular or diet)	55
Mellow Yellow.....	52
Surge	51
Diet Coke.....	45
Shasta Cola's (all).....	45
Dr. Pepper	42
Mr. Pibb.....	40
Sunkist Orange Soda.....	40
Big Red	38
Pepsi-Cola	37
RC Cola (regular or diet)	36
Pepsi Light	36
Coca-Cola Classic.....	35
Diet Pepsi.....	35
Canada Dry.....	30
Barq's Root Beer.....	23
7-Up	0
Sprite	0
Mug Root Beer.....	0
Barq's Diet Root Beer	0
Minute Maid Orange	0
A & W Root Beer.....	0
Gatorade.....	0

TEA

Instant/Brewed Tea (5 min. Brew)	45
Instant Iced Tea (8 oz).....	25
Bottled Iced Teas (16 oz).....	15-100
Snapple Iced Teas (16 oz).....	42
Green Tea	30
Celestial Seasonings Herbal (all).....	0

OTHER BEVERAGES

Hot Chocolate (8 oz).....	5
Chocolate flavored syrup (1 oz).....	4

OVER THE COUNTER DRUGS

Vivarin Tablets®	200
Dexatrim®	200
Nodoz®	100
Excedrin®	65
Vanquish®	33
Anacin®	32
Midol®	32
Triaminic®	30
Dristan®	16

WATERS (16 oz serving)

Java Water.....	125
Krank20	100
Aqua Blast	90
Water Joe	70
Aqua Java	60

Name _____

Date _____

Health Care Provider _____

Return Date _____

Special Instructions:

335-3575

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Pullman, WA 99164-2302

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Caffeine: A Healthy Habit?



**Americans consume
 about 45 MILLION
 pounds of caffeine
 each year!**

Health & Wellness Services



World Class. Face to Face.

What Are the Main Sources of Caffeine?

The most common sources of caffeine in the American diet are coffee and cola drinks, followed by tea, chocolate, cocoa, and some over-the-counter drugs. Darker roasted (gourmet) coffees can have a higher caffeine content.

The chart on the back of this pamphlet gives amounts of caffeine found in some of these products.

How Does Caffeine Affect the Body?

Caffeine stimulates the central nervous system and heart muscle. This is why caffeine is well known as an "energizer," to help you stay awake and alert even when you're tired or sluggish. Less known is caffeine's diuretic effect, which makes the body excrete more urine.

Can Caffeine's Effects Be Helpful?

Studies have shown that **moderate** levels of caffeine -- about the amount in one or two cups of coffee -- can help some people work more efficiently. Elderly persons, especially those with stroke-related brain damage, may also benefit from the stimulating effects of caffeine. Caffeine can help headache medicines work more quickly.

Myth

Caffeine does not help a drunk person to "sober up". In fact, it can increase stomach upset.

Caffeine and Exercise Performance

Caffeine is absorbed quickly after ingestion and peaks in 1-2 hours. Tests have shown that 2-6 regular cups of coffee consumed one hour prior to exercise have increased endurance and cycling performance in **well-trained**, recreational athletes and in intense, short-term exercise (about 5 minutes). The average person exercising for enjoyment or self-improvement will find that caffeine defeats these purposes. Proper training and nutritional habits are a more sensible approach. Caffeine ingestion is not currently

illegal in sports, but deliberate ingestion of pure caffeine is considered unethical and doping by many.

Can Caffeine's Effects Be Harmful?

When caffeine intake becomes high -- intakes of 200 milligrams (mg) and more -- there are often unpleasant effects, such as nervousness, irritability, uneven heartbeat, and digestive system problems. In addition, studies have shown a difference in the quality of sleep among users and non-users. Users tend to take longer to fall asleep, sleep less soundly, and wake more often than non-users. Caffeine can also be hard on your bones by increasing calcium losses in the urine.

Are Some People More Affected by Caffeine Than Others?

Children and adolescents who drink a great deal of soda pop may be consuming lots of caffeine. They may have uneven heartbeats and difficulties with sleep. Remember, the effect of caffeine is dependent in part, on body weight. For example, only 12 ounces of cola (one can) may have the same effect on a young child as four cups of coffee would on an adult.

In **pregnant women**, caffeine enters the bloodstream of the fetus. Caffeine intake equal to 5-6 cups of coffee a day has been shown to increase the number of birth defects in animals. Although this has not yet been documented in humans, it is wise for pregnant women to watch their caffeine intake. Studies are showing an increased risk of delivering an underweight baby for pregnant women with a caffeine intake of 150 mg. or more per day.

In **breastfeeding women**, caffeine is present in breast milk. This can cause problems for the nursing baby who takes in caffeine, and then becomes over excited or has difficulty sleeping.

Since caffeine can cause nervousness, insomnia, and anxiety, it may make **people with emotional difficulties** feel worse. In

fact, people have been treated for anxiety when actually they have consumed too much caffeine!

For **people with ulcers or other intestinal problems**, caffeine is usually restricted because it causes excess acid in the stomach. Since coffee also contains other substances which can have this effect, it is particularly upsetting to someone with stomach problems.

Although there has been some concern that caffeine may be linked with the development of **heart disease**, recent studies have not supported this.

Do People Have "Withdrawal Symptoms" When They Reduce or Stop Caffeine Use?

The main symptom a person may experience is headaches. Other symptoms include fatigue and depression. These should go away within one week. If you continue to have problems with these symptoms, talk to your healthcare provider.

Summary

Caffeine and its related compounds can offer a temporary source of energy and alertness to a tired person. In addition, a cup of tea or coffee is enjoyable in its own right. But caffeine is a drug and may have harmful effects, especially on certain people. To avoid problems, it's best to keep caffeine consumption from all sources to below 200mg a day. For amounts of caffeine in medicines, check the label.

