

# CAFFEINE

*Caffeine is a naturally occurring substance found in the leaves, seeds, or fruits of more than 60 plants (including tea leaves, coffee and cocoa beans, kola nuts, and guarana seeds). Many studies have evaluated the health and performance effects of caffeine. Below are some of its proposed advantages and disadvantages. People differ greatly in their sensitivity to caffeine, depending on their body size, diet and exercise patterns, and the amount and frequency of caffeine ingested on a regular basis. Most people develop a tolerance for caffeine over time. Caffeine reaches peak concentrations in the bloodstream within 30-60 minutes of ingestion, and it typically takes 4-6 hours for its effects to wear off. If you decide to eliminate caffeine from your diet altogether, you will likely experience withdrawal headaches and drowsiness. Your best bet is to wean yourself off gradually. Try to keep your caffeine consumption to less than 300 mg per day. If you are regularly consuming more than that, you are likely missing out on other more nutritional beverages and/or ignoring your body's important signals for food or rest.*

## Pros

- Provides a stimulant effect
- Increases alertness
- Temporarily increases ability to focus & concentrate
- May relieve migraine headaches
- May improve athletic performance

## Cons

- May speed up your heart rate
- May raise blood pressure slightly
- May cause sleep disturbance
- May irritate your gastrointestinal system
- May cause anxiety



## Caffeine Content of Common Food

FOOD	SERVING	CAFFEINE (mg)
Starbucks coffee, grande	16 oz.	550
Starbucks coffee, tall	12 oz.	375
Coffee, non-gourmet (brewed or instant)	8 oz.	~100
Starbucks Caffè Latte, Caffè Mocha, or Cappuccino, grande	16 oz.	70
Starbucks espresso, double	2 oz.	70
Red Bull	8 oz. can	80
Mountain Dew	12 oz. can	55
Coca – Cola	12 oz. can	45
Tea, leaf or bag	8 oz.	50
Tea, green or instant	8 oz.	30
Tea, iced	8 oz.	25
Chocolate, dark, bittersweet, or semi-sweet	1 oz.	~20
Chocolate milk, cocoa, or hot chocolate	8 oz.	~5
No-Doz (maximum strength) or Vivarin	1	200
Excedrin	2	130