

## Caffeine Levels in Common Drinks

Coffee Unless labeled decaf / caffeine free	100 mg per 8 oz. serving
Tea Unless labeled decaf / caffeine free	14 - 60 mg per 8 oz. serving
Soda unless labeled caffeine free	45 mg per can
Monster Energy drink	About 90 mg per 8 oz. serving

It is important to remember that most products contain more than one serving.

**Read food labels carefully!**

## Quitting Smoking and Caffeine:

Reduce your caffeine intake as you quit smoking.

- While smoking, the body breaks down caffeine at a faster rate so a smoker needs a higher dose of caffeine to get the desired effect.
- Ingesting the same amount of caffeine while decreasing cigarette use will produce caffeine intoxication.
- Reducing the amount of caffeine consumed will also reduce the urge to smoke.

## Resources

### Websites with Helpful Information:

- WebMD  
<http://www.webmd.com/balance/caffeine-myths-and-facts>
- Mayo Clinic  
<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/caffeine/art-20045678?pg=1>
- Indiana University  
<http://health.iupui.edu/education/drugs/caffeine.html>

### Caffeine Tracker Apps available for PC:

- Caffeineometer available on the Microsoft App store (Free)

### Caffeine Tracker Apps available in iPhone and Android:

- Up Coffee by Jawbone (Free)
- Caffeine Tracker by Rogan Software (Free)
- Caffeine Zone 2 (\$0.99) or Caffeine Zone 2 Lite (Free) by Applied Cognitive Systems
- iPhone - Health app comes standard on IOS 9 and offers a free caffeine tracker under the nutrition folder.



## Caffeine and Your Health



Keeping track of your caffeine intake each day can improve your health and help you get a better night sleep!

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## What is Caffeine?

Caffeine is an addictive substance that can come from over 50 types of plants.

- Most people take in caffeine through coffee or energy drinks but it can also be found in foods such as, coffee ice cream and chocolate.
- Caffeine is a stimulant, so it is considered a drug.
- Caffeine is also a diuretic, which causes the body to lose water.
- Having too much caffeine per day can take a toll on your health.
- Consuming caffeine after late morning can impact the amount and quality of your sleep.

### Amount of Recommended Caffeine:

Adults	Up to 400 mg per day
Children	No more than 100 mg per day

### Benefits of Caffeine:

- Helps wake you up in the morning
- Increases alertness
- Mood booster

### Disadvantages of Caffeine:

- Increase in hunger
- Impacts amount of sleep
- Increases stress and anxiety
- Increases heartburn or acid reflux

## Side Effects of Too Much Caffeine

- Increased Anxiety
- Difficulty sleeping
- Nausea
- Restlessness
- Frequent Urination
- Vomiting
- Increased Heart Rate
- Muscle Tremors



### Medications and Caffeine:

Some medications and herbal remedies slow the breakdown and disposal of caffeine from the body, causing the caffeine effects to last longer, including interference with good quality sleep.

Some of these medications and herbal remedies include:

- Ephedra or Ephedrine
- Certain antibiotics
- Cimetidine
- Quinolone
- Theophylline

Some medications as packaged, include caffeine in the pills/capsules, such as certain headache medications. These will affect how well you sleep at night.

Make sure to ask your doctor if any medications you're taking can be affected by caffeine!

## Withdrawal Symptoms

Caffeine is considered a drug because it affects the central nervous system. Like other kinds of drugs, caffeine also has withdrawal symptoms when a person stops drinking their regular amounts of caffeine.

- Headache
- Fatigue
- Dizziness
- Nausea/Vomiting
- Difficulty Concentrating
- Depression
- Lethargy

### Finding Ways to Cut Back:

- Keep track of your daily caffeine intake.
- Slowly decrease the amount of caffeine you drink per day to avoid withdrawal symptoms.
- Try replacing one soda, coffee or tea a day with a glass of water; it cuts back on caffeine and calories!
- If you need another cup of coffee or tea try a decaf version of your favorite flavor!

