

## 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>
- Medline Plus  
<https://medlineplus.gov/caffeine.html>

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

- Up Coffee by Jawbone
- Caffeine Tracker by Rogan Software
- Caffeine Zone 2 or Caffeine Zone 2 Lite by Applied Cognitive Systems
- iPhone - Health app offers a free caffeine tracker under the nutrition folder



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## Caffeine and Your Health



Important information and tips to help you improve your health!

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## Information about Caffeine

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

- Most people take in caffeine through coffee, tea 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. This can affect your mood or worsen depression.

### 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 may **interact** with caffeine. Examples include:

- Ephedrine- found in decongestants
- Clozapine- psychiatric medication
- Lithium- psychiatric medication
- Certain antibiotics
- Cimetidine- to treat ulcers
- Theophylline- to open bronchial airways
- Echinacea- herbal supplement sometimes used to prevent colds

Some medications **include** caffeine, such as:

- Certain headache/pain medications
- Alertness aids
- Certain cold medicines

Eating/drinking caffeine while taking these medications **can** add to the side effects of the caffeine in the medication.

**Make sure to ask your doctor if any medications you are 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. Withdrawal symptoms can include:

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

### How to Cut Back on Caffeine:

- Keep track of your daily caffeine intake.
- Slowly decrease the amount of caffeine you drink per day to avoid withdrawal symptoms, such as headaches, fatigue and irritability.
- 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.

