

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:

- Caffeine Calculator
- Caffeine Tracker
- Caffeine Zone 2 Lite
- Caffiend- Caffeine and hydration tracker
- iPhone - Health app offers a free caffeine tracker under the nutrition folder



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https://commons.wikimedia.org/wiki/File:GLAM_coffee_cup_transparent.png
<http://sissyprint.blogspot.com/2012/01/year-of-dragon.html>
<http://www.clipshrine.com/exclamation-mark-alert-in-a-glossy-and-shiny-circle-17291-cv-a.html>

UMass Psychiatry Wellness Initiative

Caffeine and Your Health



Important information and tips to help you improve your health!

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October 2019

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 Considered Safe for Most People:

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 want another cup of coffee or tea try a decaf version of your favorite flavor.

