

# Wellness by the Month

## CAFFEINE AWARENESS

### What you need to know:

- Caffeine is a drug
- Caffeine is addictive
- Caffeine is found in numerous items such as soft drinks, chocolate, diet pills and pain relievers.
- Caffeine's effects are felt within five minutes and can last up to eight hours.
- An average cup of coffee (8 oz) has between 80 – 100 mg caffeine
- Moderate caffeine consumption is considered to be about 300 mg which is equal to 3 cups of coffee
- Giving coffee to an intoxicated person will not reverse the effects of alcohol.

Ingesting too much caffeine can cause restlessness, hand tremors, headache, nausea, heartburn and a fast or irregular heart rate. Taking caffeine before bedtime will adversely affect the quality of one's sleep since it will interfere with the normal sleep patterns.

Be careful with energy drinks. The caffeine content can vary between 50mg to more than 500 mg per serving. Some energy drinks contain as much caffeine as 14 cans of Coca – Cola and the caffeine amounts are not on the label.

### How Much Caffeine Are You Consuming?

Item	Caffeine (mg)
Caribou Cappuccino, 12 oz.	160-200
Decaffeinated coffee, brewed, 8oz.	2
Espresso, 1 fluid oz.	64
Starbucks Caffe Latte, 16 oz.	150
Starbucks Coffee Grande, 16 oz.	330
Green tea, brewed, 8 oz	30-50
Code Red Mountain Dew (12 oz.)	54
Mountain Dew, Diet M.D.(12 oz.)	54
Diet Coke (12.oz.)	47
Rockstar, 16 oz.	160
Foosh Energy Mints, 1 mint	100
Excedrin, Extra Strength, 2 tablets	130