

RETHINK YOUR DRINK

Caffeine



Caffeine is the **most popular** and **least regulated** drug in the U.S.

Caffeine should be limited to 300 mg/day or:

- 3 cups of coffee
- 8 cans of soda
- 1 energy drink shot

Research shows that caffeine may have (+) and (-) effects.

(+) Effects:

- Improved mood
- Increased alertness with moderate consumption (no more than 200 mg)

(-) Effects:

- Developing a dependence
- Experiencing withdrawal symptoms like headache, drowsiness, and irritability
- Risk for health concerns like jitteriness, upset stomach, and anxiety
- Insomnia or restlessness when sleeping
- Overdose -- rare but possible

SODA (mg caffeine per ounce)

SPRITE	0	
DIET PEPSI	2.8	<div style="width: 2.8%;"></div>
PEPSI	3.2	<div style="width: 3.2%;"></div>
MOUNTAIN DEW	4.5	<div style="width: 4.5%;"></div>

TEA (mg caffeine per ounce)

HERBAL	0	
GREEN	4.7	<div style="width: 4.7%;"></div>
BLACK	5.6	<div style="width: 5.6%;"></div>
ENGLISH BREAKFAST	9.4	<div style="width: 9.4%;"></div>

ENERGY DRINKS (mg caffeine per ounce)

REDBULL	10	<div style="width: 10%;"></div>
ROCKSTAR	10	<div style="width: 10%;"></div>
MONSTER	12	<div style="width: 12%;"></div>
5-HOUR ENERGY	113	<div style="width: 113%;"></div>

COFFEE (mg caffeine per ounce)

DECAF	0.5	<div style="width: 0.5%;"></div>
LATTE/CAPPUCCINO	9.4	<div style="width: 9.4%;"></div>
DRIP COFFEE	20	<div style="width: 20%;"></div>
ESPRESSO	64	<div style="width: 64%;"></div>

OVERALL caffeine per ounce average)

SODA	4	<div style="width: 4%;"></div>
TEA	6.6	<div style="width: 6.6%;"></div>
ENERGY DRINKS	31.8	<div style="width: 31.8%;"></div>
COFFEE	21.3	<div style="width: 21.3%;"></div>