

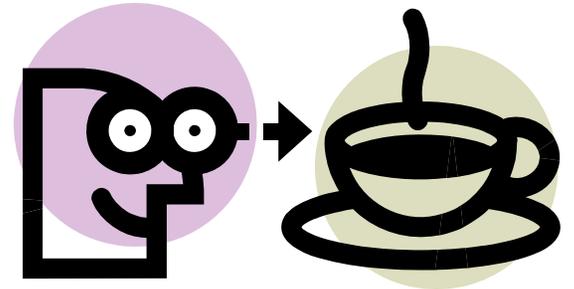
Caffeine can irritate your stomach or cause headaches and insomnia.



Other risks may also exist, so you should be aware of your caffeine intake...



Have you succumbed to the



CAFFEINE CRAZE

along with the rest of

us???



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Caffeine Content



8oz brewed coffee—135mg

8oz instant coffee—95mg

8oz black tea—40mg

8oz green tea—30mg

12oz Coke—40mg

12oz Mountain Dew—55mg



1 Special Dark Chocolate

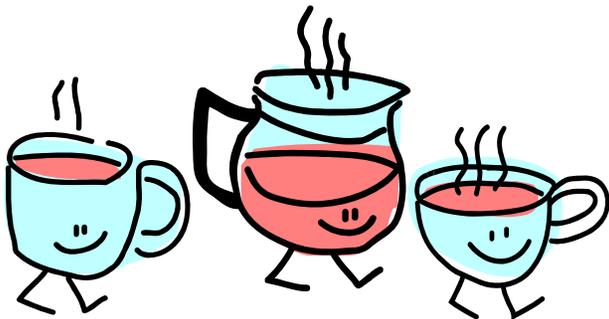
Hershey bar (1.5oz)—30mg

1 Milk Chocolate Hershey

bar (1.5oz)—10mg

No Doz (1 tablet)—200mg

Excedrin (2 tablets)—130mg



The danger in caffeinated beverages is not just the caffeine ...

Watch the Calorie Content of those favorite Coffee Drinks!!

IN THE DANGER ZONE:

Gas Station Fr. Vanilla Cappuccino (20 oz): 360kcal (13g fat, 57g carbs)

Gas Station Fat-Free Fr. Vanilla Cappuccino (20 oz): 200kcal (0g fat, 47.5g carbs)

Starbuck's Java Chip Frappuccino (Grande): 370kcal (9g fat, 69g carbs)

Starbuck's Tazo Green Tea Frappuccino (Grande): 370kcal (5g fat, 71g carbs)

Starbuck's White Hot Chocolate (Grande): 390kcal (6g fat, 66g carbs)

Panera Caramel Latte (11oz): 400kcal (16g fat, 54g carbs)



It may make you feel energized ...

One of the world's most widely used drugs, caffeine acts as a mild stimulant by increasing heart rate and blood pressure. This is why you feel energized after drinking it.

But it sure doesn't keep you that way!

Although caffeine often offers a quick pick-me-up, it usually has adverse effects which make you more tired in the long run. The more you rely on caffeine, the more it takes to have an awakening effect on you!

Need to cut back???

Try to limit yourself to no more than 200-300 milligrams per day. (That's about 2 cups of coffee.)

It's best to reduce your intake slowly. You can cut back by mixing decaf with regular coffee, swapping tea for coffee, or by replacing soda with juice.

