



Caffeine (Infographic)

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Millions of people around the world rely on the [caffeine](#) kick from their morning cup of coffee to get the day going. While coffee is well known for its caffeine content, many other foods and drinks also contain caffeine. Caffeine stimulates the brain and the central nervous system, helping you stay awake and alert. In general, [caffeine is considered safe](#) but can cause unpleasant side effects when consumed at high levels. This infographic highlights where caffeine is found, its effects on the body and how much is safe for children, adults, and pregnant and breastfeeding women.

Download the printable PDF version [here](#).

CAFFEINE



CAN BE FOUND IN:



SOFT SWEETS



SOFT DRINKS



BAKED GOODS



ICE CREAM



FOOD SUPPLEMENTS



ENERGY DRINKS



CHOCOLATE

& OCCURS IN MORE THAN 60 PLANTS LIKE:



TEA LEAVES



COFFEE BEANS



CACAO PODS



KOLA NUTS

WHAT ARE THE EFFECTS OF CAFFEINE?

all people are affected in different ways, depending on:



weight & height



age



habits of consumption



genetics

It may:



acts as a stimulant, increasing alertness and endurance

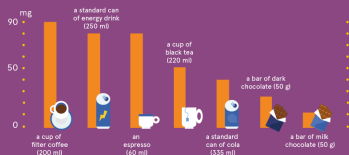


act as a diuretic



affect sleeping patterns

HOW MUCH CAFFEINE IS FOUND IN DIFFERENT PRODUCTS? *



*all values are approximate, the caffeine content of food and drinks may vary

WHAT IS A REASONABLE LEVEL OF CAFFEINE CONSUMPTION?



CHILDREN

no more than 3 mg of caffeine per kg of body weight per day
e.g. for a child of 40 kg: 3 mg x 40 kg = 120 mg



ADULTS

maximum 400 mg per day (all sources)
maximum 200 mg in a single serving

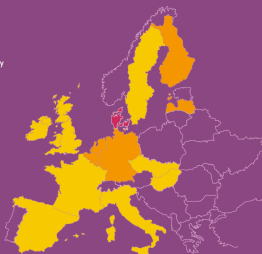


PREGNANT AND BREASTFEEDING WOMEN
maximum 200 mg per day (all sources)

HOW MUCH CAFFEINE ARE WE CONSUMING?

Percentage of adults regularly consuming more than the recommended maximum of 400 mg per day, in Europe

- > 20%
- 10 - 20%
- 1 - 10%
- no data



Source: EFSA, Scientific Opinion on the safety of caffeine (2015)