CAFFEINE (Part 1)

Can be 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 and height
  - Age
  - Habits of consumption

- It may:
  - Be a stimulant, increases alertness and endurance
  - Act as a diuretic
  - Affect sleep patterns
CAFFEINE (Part 2)

HOW MUCH CAFFEINE IS FOUND IN DIFFERENT PRODUCTS?

- a cup of filter coffee (200 ml)
- a standard can of energy drink (250 ml)
- an espresso (60 ml)
- a cup of black tea (220 ml)
- a standard can of cola (335 ml)
- a bar of plain chocolate
- a bar of milk chocolate

 WHAT IS A REASONABLE LEVEL OF CAFFEINE CONSUMPTION?

- **CHILDREN**
  - no more than 3 mg of caffeine per kilo of body weight
  - ex: for a child of 40 kilos, 3 mg x 40 = 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

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