CAFFEINE
(Part 1)

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 and height
- age
- habits of consumption
- genetics

it may:
- act as a stimulant, increases alertness and endurance
- act as a diuretic
- affect sleep patterns

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CAFFEINE (Part 2)

HOW MUCH CAFFEINE IS FOUND IN DIFFERENT PRODUCTS?

- A cup of filter coffee (200 ml): 90 mg
- A standard can of energy drink (250 ml): 90 mg
- An espresso (60 ml): 50 mg
- A cup of black tea (220 ml): 20 mg
- A standard can of cola (355 ml): 10 mg
- A bar of dark chocolate (50 g): 10 mg
- A bar of milk chocolate (50 g): 5 mg

*All values are estimations; 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
  - Example: 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


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