

Crammin' with Caffeine



What is caffeine?

Caffeine is a substance found naturally in over 60 plants that is added to foods, beverages & medications.

Caffeine is a stimulant that may:

- Increase alertness & reduce fatigue
- Temporarily increase blood pressure, heart rate & breathing rate

Moderation is key!

Tea & coffee are okay in moderation. They contain phytochemicals & antioxidants that may prevent certain cancers.

Health Canada recommends a maximum of 400mg of caffeine per day is safe!
That's equivalent to 3 smalls - 750 mL of coffee!

How much am I getting?



250 mL Black tea; 43-50 mg caffeine



250 mL Brewed coffee; 80-179 mg caffeine



250 mL Cappuccino or latte;
80-97 mg caffeine



250 mL Energy drink; 80-97 mg caffeine

Keep in mind the extras!



When enjoying specialty coffees, be aware of hidden fat & calories from full-fat milk, whipped cream, syrups & sugar! These can really add up & lead to weight gain. Choose sugar free flavoured syrups, skim milk, less whip cream & cinnamon to add extra flavour!

Trying to cut back on caffeine?

Heavy daily caffeine use may cause:

- Insomnia
- Nervousness
- Irritability
- Upset stomach
- Fast heart beat
- Muscle tremors

If you experience any of these symptoms, you may want to consider slowly cutting back on your caffeine consumption.

Try these ideas:

- Mix regular coffee with decaf
- Shorten the amount of time you steep tea
- Sip on herbal teas
- Choose a smaller cup size

Stay alert without caffeine!

- Aim for 7-9 hours of sleep a night
- Eat regularly & include protein & fibre in snacks for longer lasting energy
- Take a power nap between classes
- Get physical! Hit the gym, stretch or go for a walk & get some fresh air
- Take a refreshing shower



Comments? Questions? Contact SNAP!

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