



## Caffeine

Caffeine is natural stimulant. It can cause increased heart rate, upset stomach, mood changes, headaches and sleeping problems. Common sources of caffeine include coffee, energy drinks, tea, some soft drinks, chocolate and some headache and cold medicines.



The maximum amount of caffeine recommended for youth is 45 - 85 mg per day depending on their age. Avoid giving drinks with caffeine to children.

### Caffeine and Energy Drinks

Energy drinks can contain 70 mg to 400 mg of caffeine per cup. Most energy drinks also have a large amount of sugar and other herbal and vitamin mixtures. Energy drinks are **not** recommended for children or youth.

### Caffeine in Common Foods

Food or Beverage	Serving Size	Amount of Caffeine
Cola	12 oz (355 mL)	36-50 mg
Coffee variety of brews	8 oz (237 mL)	100-145 mg
Tea, brewed	8 oz (237 mL)	30-50 mg
Energy Drink	8 oz (237 mL)	80 mg (average)
Milk Chocolate	28 g	7 mg
Dark Chocolate	28 g	19 mg
Chocolate milk	8 oz (250 mL)	5 mg

To boost energy levels, eat regularly, maintain an active lifestyle, get enough sleep and drink water to quench thirst.

For more information about healthy drinks, please visit:

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-drinks-kids.pdf>

For more information on Healthy Eating, visit:

<http://www.albertahealthservices.ca/nutrition/Page2914.aspx>