

The Buzz on Caffeine

Caffeine has many health benefits including: improved mood, alertness, and many preventative causes to name a few. However, you can have too much of a good thing. Read on to see how Swiss Tea, which has no added caffeine, can play an important part in your diet!

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Can't live without coffee? Depressed without your daily dose of Mountain Dew? If you find yourself reaching for caffeine throughout the day to stay alert, you're not alone. Eight out of 10 American adults consume some type of caffeine regularly, and it's not hard to understand why. Caffeine has been shown to increase alertness, improve mood, and aid in concentration, and the effects are felt almost immediately.

The latest research has not only confirmed that moderate caffeine consumption perks you up, it's also uncovered possible health benefits. Many studies have looked at the effects of coffee in particular, with impressive results. Studies show that the risk for type 2 diabetes is lower among regular coffee drinkers than among those who don't drink it.¹ Coffee may also reduce the risk of developing gallstones, discourage the development of colon cancer, improve cognitive function, reduce the risk of liver damage in people at high risk for liver disease, and reduce the risk of Parkinson's disease.^{2,3} Caffeine has also been shown to improve endurance performance in long-duration physical activities.⁴

However, it's possible to get too much of a good thing! Excessive caffeine consumption can cause restlessness, headaches, digestive troubles, and increased blood pressure. You may want to cut back if you're experiencing any of these symptoms or having trouble sleeping. So how much caffeine is too much? While there are no recommended daily intakes, research³ indicates that moderate amounts of caffeine - up to 300 mg per day - are safe for most adults.

However, what constitutes a normal or moderate amount of caffeine depends on the individual, and may be affected by factors such as frequency and amount of caffeine intake, body weight, and physical condition. Excessive caffeine consumption is not recommended for children, adolescents, pregnant and lactating women, and those with a history of heart disease,³ but the evidence suggests that even these groups can safely consume some caffeine.

The most common sources of caffeine are coffee, tea, soft drinks, and chocolate. However, caffeine is cropping up in more and more products, including energy drinks, energy and candy bars, and bottled waters.

In most situations and for most people, moderate caffeine consumption doesn't pose any problems and may provide positive benefits, like added alertness. However, since caffeine content is not required on nutrient labels, it can be challenging to know how much you're consuming on a daily basis. The chart below lists the caffeine content of some common products so you can see where your favorites stack up

Product	Caffeine content (mg)¹
Drip coffee, 8 oz.	80-160*
Espresso, 1 oz.	40-70*
Starbucks grande coffee, 16 oz.	330
Starbucks grande latte, 16 oz.	150
Starbucks grande Frappuccino, 16 oz.	95-130*
Starbucks Frappuccino, 9.5 oz bottle	115
Decaf coffee, 8 oz.	2
Black tea, 8 oz.	30-70*
Green tea, 8 oz.	30-50*
Decaf tea, 8 oz.	2
Coca-Cola, 12 oz. can	35
Diet Coke, 12 oz. can	47
Mountain Dew, 12 oz. can	54
Red Bull, 8.3 oz can	76
Monster Energy, 16 oz.	160
STOK, 1 shot, 0.44 oz.	40
Hershey's Chocolate bar, 1.55 oz.	9
Chocolate milk, 8 oz.	5
Coffee ice cream, • cup	30-50*
Silk Coffee, 8 oz.	55
Silk Mocha, 8 oz.	45
Silk Chocolate, 8 oz.	4

*Range due to brewing method, plant variety, brand, flavor, etc.

¹USDA National Database for Standard Reference, 2007; Individual company websites.

1 Salazar-Martinez et al, Ann Intern Med, 2004; 140(1): 1-8.

2 Hernan MA et al, Ann Neurol, 2003; 54:170-175.

3 IFIC Review - Caffeine & Health: Clarifying the Controversies, 2008.

4 Magkos F, Kavouras, SA. Sports Med 2004; 34(13): 871-889.