

Caffeine

Caffeine is a natural drug found in some foods, including coffee, tea, and chocolate. Caffeine is also artificially added to soda and energy drinks. It is the most commonly used drug among Americans, and many of us consume too much in a day. The recommended amount of caffeine is less than 200-300 mg per day. Many college students, however, consume closer to 400-500 mg. Students rely on caffeine to make it through the day and, sometimes, the night. Monitoring your caffeine consumption is the first step to ensure you are not consuming too much.

How much caffeine do you consume?

Beverage	Amount of Caffeine (mg)
8 oz. cup of coffee (brewed at home)	100
8 oz. cup of brewed tea	50
12 oz. can of soda	40-50
8 oz. can of Red Bull	80

What are some adverse effects of caffeine?

- Insomnia
- Irritability
- Fast heartbeat
- Nervousness
- Stomach upset
- Muscle tremors
- Restlessness

Tips for breaking the caffeine habit:

1. Track your consumption of coffee, tea, and caffeinated soda.
2. Cut back one cup at a time.
3. Mix half decaf/half regular coffee.
4. Use smaller mugs.
5. Make your coffee lighter by adding more milk.
6. Try caffeine-free teas, soda, and hot beverages.
7. Go for a walk on your coffee break.
8. If you get sleepy while studying, take a break, open a window, go for a walk, or take a nap.

