

Caffeine:



Milligrams of Caffeine per Average Serving

What is your caffeinated drink of choice?

Effects of Caffeine

A person's sensitivity to caffeine depends on many factors including:

- frequency of caffeine intake
 - body weight
 - physical condition
 - overall anxiety level
 - and more!

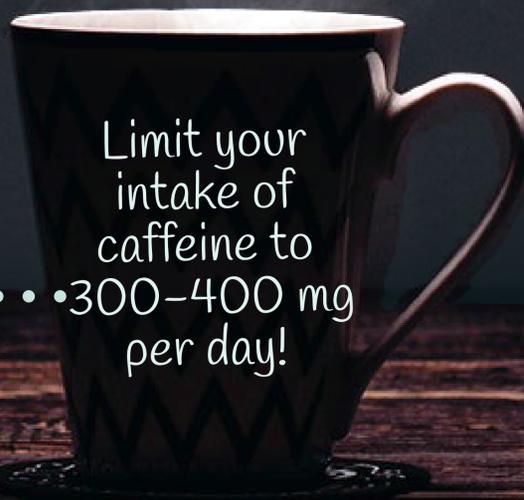
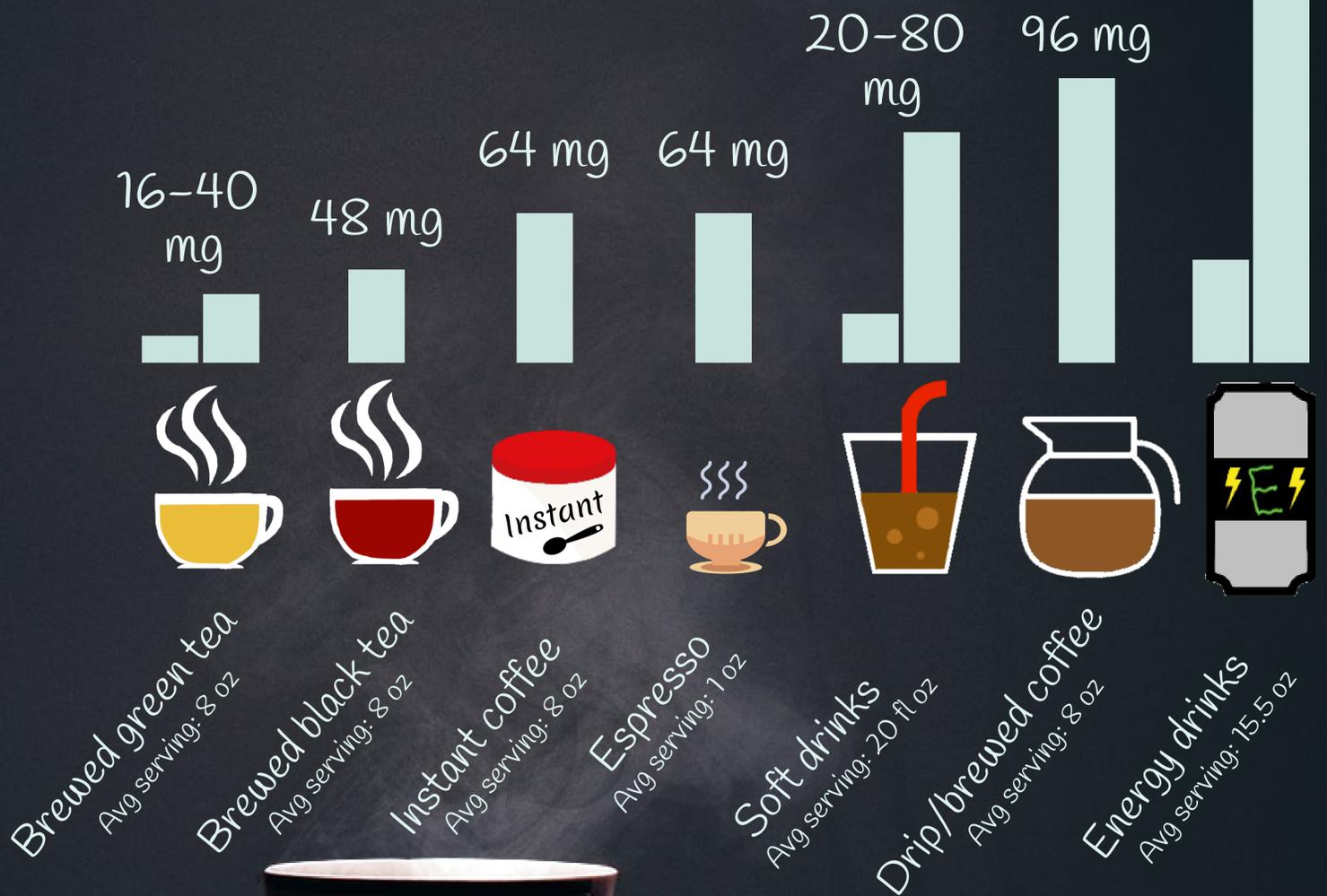
On average, caffeine reaches your bloodstream in 30-45 minutes after consumption!

The effect can last for 3-4 hours before being eliminated in the urine!

Having trouble sleeping? Caffeine may effect some people more than others!

Try not to consume caffeine less than 6-8 hours before bed to prevent lasting effects.

Moderate intake of caffeine is NOT associated with an increased risk for major chronic diseases.



Limit your intake of caffeine to 300-400 mg per day!

Energy Drinks: Be Aware!

Manufacturers can label energy drinks as either:

**Dietary Supplements
or
Beverages**



The Food and Drug Administration does NOT require pre-approval of the active ingredients. In fact, the FDA must prove that an ingredient is UNSAFE before a product can be taken off the market.



The Food and Drug Administration REQUIRES pre-approval of the ingredients before a product hits the shelves.



What does this mean?

Some of your energy drinks or their ingredients may not be regulated by the FDA and can take time before they are removed from the shelf, so do your research by contacting the manufacturer for more information about the product you plan to use!



Did you know?

- >>Caffeine content of your drink can change based on production and brewing methods!
- >>Manufacturers are NOT required to disclose the amount of caffeine in a product.
- >> Other caffeine containing ingredients include:
 - Guarana
 - Kola nut
 - Yerba mate
 - Yaupon

If you DO choose to drink caffeine,



>>Choose energy drinks low in added sugar! Compare your favorites and choose wisely!

1. Select options low in added sugars!

>>By choosing black coffee or hot tea, you can control the amount of sugar you add, if any at all!



2. Use your drink of choice to help meet other nutrient needs!

>>Try a fat-free milk latte! Or add fat-free milk to your black tea! This can help you increase your daily intake of Calcium and Vitamin D.



Here are some alternatives to caffeine, to help give you a boost!

>>Eat balanced meals for sustained energy!

>> Diets high in omega-3 fatty acids have been shown to help with brain function and learning!

>> Find omega-3 fatty acids in fish, canola oil, walnuts, and more!



>>To help maintain energy levels, snacks should have protein and fiber-rich carbohydrates!



Apple with a handful of nuts



Carrots and cheese



Greek yogurt and fresh berries

<https://nfs.tamu.edu/extension/>

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Sources: Dietary Guidelines for Americans 2015-2020, Academy of Nutrition and Dietetics, International Food Information Council, Food and Drug Administration
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