

# TIRED? LETS TALK CAFFEINE

October 13th



## WHAT IS CAFFEINE?

Caffeine is the only FDA-approved drug that can be legally found in many food and drink products. It is a naturally occurring stimulant- a type of drug that increases the activity of our nervous system. Many people drink caffeine in the form of tea or coffee to stay awake.

Caffeine works by blocking the nervous system's ability to interpret signals of tiredness. These signals of tiredness naturally build up throughout the day and go away during regular sleep.

## WHAT'S A SAFE AMOUNT?

The FDA approved amount of caffeine for most adults is 400 mg per day. However, everyone tolerates caffeine a little differently and may find themselves dependent on caffeinated products. The least amount of caffeine possible is the safest!

## WHEN DRINKING CAFFEINE:

### 1. Check included added sugars

Caffeinated drinks are the worst for personal health when they are loaded with sugars. Check how much added sugar is in creamers and soda by reading their nutrition labels!

### 2. Avoid mixing with alcohol

Caffeine can be used with alcohol to mask feelings of tiredness on a night out. However, caffeine will mask feelings of drunkenness, which can lead to overconsumption and alcohol poisoning.

### 3. Avoid drinking 6 hours before bedtime

Caffeine causes alertness, amongst other things. Drinking caffeine within 6 hours of sleep may cause restlessness and trouble sleeping. Have caffeinated products in the early daytime!

## MOST COMMON SOURCES OF CAFFEINE:

- Coffee
- Tea
- Energy drinks
- Soda
- Chocolate

## NEWEST RECIPE:



## MINSTRONE SOUP

\*Check it out on our website to view the whole recipe!

Check our [resources](#) at our website!



# Flip Newsletter



## Keep an Eye on Your Drinks!- 13th edition

Curious about what's inside your caffeinated drinks? Take a look at our menu below to find your favorite drinks or ingredients to learn more. Remember: the FDA daily recommendation of caffeine is 400 mgs!

### STARBUCKS AND DUNKIN

DRINK (M= MED, L=LARGE)	CAFFEINE MG
STARBUCKS PIKE PLACE L	410
STARBUCKS PIKE PLACE M	310
STARBUCKS BLONDE ROAST M	360
STARBUCKS DARK ROAST M	260
DUNKIN' LATTE/CAPPUCINO M	166
STARBUCKS ESPRESSO	150
STARBUCKS BLACK UNSWEET COLD BREW	195
STARBUCKS TRIPLESOT ENERGY	225

### DAIRY CREAMERS

BRAND (1 TBS)	CALORIES	SAT FAT	SUGAR
CHOBANI SWEET CREAM	30	1	4
CHOBANI VANILLA	35	1	4
HALF AND HALF	20	1	0
HEAVY CREAM	50	3.5	0
LAND O LAKES	15	0	0
NATURAL BLISS	35	0.5	4
STARBUCKS	40	1	5
2% MILK	10	0	0

### OTHER COFFEE PRODUCTS

BOTTLED DRINKS	CAFFEINE MG
DEATH WISH UNSWEET COLD BREW	300
HIGH BREW NITRO COLD BREW	200
LA COLOMBE TRIPLE SHOT LATTE	175

### ENERGY DRINKS

CANNED DRINKS	CAFFEINE MG
BANG	300
5-HR ENERGY XTRA	230
5-HR ENERGY	200
STRENGTH	200
CELSIUS	200
PRIME	200
MONSTER	160
REDLINE XTREME	316
A SHOT	300

### PLANT MILK CREAMERS

BRAND (1 TBS)	CALORIES	SAT FAT	SUGAR
ALMOND BREEZE	25	0	4
CALIFIA ALMOND	20	0	3
NATURAL BLISS ALMOND	30	0.5	5
SILK OAT	25	0	4
SILK SOY	30	0.5	3
SO DELICIOUS COCONUT	30	1	4
COFFEE MATE AL+OAT	30	0	5

### SODA AND TEA

DRINK OF 12 OZ	CAFFEINE MG
MOUNTAIN DEW	54
PEPSI ZERO SUGAR	69
DIET COKE	46
COCA COLA REGULAR	34
DR PEPPER	41
TAZO BLACK TEA	31-45
SNAPPLE LEMON TEA	37
LIPTON ICED TEA	21

### LIQUID CREAMERS

BRAND (1 TBS)	CALORIES	SAT FAT	SUGAR
COFFEE MATE FAT FREE	25	0	5
COFFEE MATE ORIGINAL	20	0	1
INTERNATIONAL DELIGHT	35	0.5	5
INT. DEL. ZERO SUGAR	20	1	0