

Clued up on **CAFFEINE**



AMOUNTS OF CAFFEINE IN FOOD AND DRINKS

	Size / amount	Caffeine content
Chocolate, Dark Chocolate Bar	100mg	59mg
Chocolate, Milk Chocolate Bar	55mg	3-20mg
Chocolate, Milk	200ml	2-7mg
Coca Cola	375ml	49mg
Cocoa, Hot Chocolate	150ml	30-60 mg
Coffee, Cappuccino	100ml	101.9
Coffee, Decaffeinated	150ml	2-4mg
Coffee, Flat White	100ml	87mg
Coffee, Instant	250 ml	80 mg
Coffee, Long Black	100ml	75mg
Coffee, Short Black	1 std serve	107 (25-214)mg
Coke Zero	473ml	45mg
Dare Double Espresso®	500ml	177mg
Dare Espresso®	500ml	80mg
Diet Coke	100ml	9.7mg
Diet Coke, Caffeine Free	250 ml	2mg
Kopiko Coffee Sweets	One sweet	25mg
Mother Energy Drink	500ml	160mg
Mountain Dew	100ml	15mg
Pepsi Cola	375ml	40mg
Red Bull	100ml	32mg
Red Bull	250ml	80mg
Rockstar Energy Drink	473ml	151mg
Tea, Brewed black	250ml	27 (9-51)mg
Tea, Brewed green tea	100ml	12mg
V Energy Drink	250ml	50mg

1 Do you know how much caffeine you had yesterday? Think about what you ate and drank. Now, just focus on the drinks. Write them in the table below.

2 Using the 'Amounts of caffeine in food and drinks chart', can you work out how much caffeine you consumed yesterday?



How much caffeine I had yesterday

Drinks	Caffeine content
TOTAL (mg)	

HINT
If you are not sure what drinks have caffeine in them, use the info in the table.



There are no safe recommendations for how much caffeine is OK for you, but for adults it's about 400mg per day.

3 Write two effects that caffeine can have on your body.



4 What can you do to reduce the amount of caffeine you have in your daily diet?



Caffeine is a **STIMULANT** drug which means it speeds up messages between the body and the brain.