



MARCH IS

Caffeine Awareness Month

Do you start your day off with a cup of coffee? Do you need that candy bar in the middle of the day? It could be that you are using caffeine as an energy boost. Now is a great time to get the low down on exactly how much caffeine you are consuming in a day and if that is having any harmful effects on your body.

Ever Wonder Which Foods Contain Caffeine?

- An 8.4-oz. energy drink, a 20-oz. diet cola, and a shot of espresso, contain about the same amount of caffeine as a cup of coffee.
- A cup of green tea or a 12-oz. can of soda, both of which contain about 40 mg of caffeine.
- A 1.5-oz. chocolate bar, which contains about 10 mg of caffeine, whereas a darker chocolate bar the same size contains about 30 mg of caffeine.

Know your sources of caffeine and the amounts. It all adds up across the day.

What's Healthy and What's a Little too Much?

According to the Dietary Guidelines for Americans (DGAs), a maximum of 400 mg of caffeine can be part of a healthy, daily diet.

Here are some combos that will keep you fueled through the day, but flying under the healthy daily limit:

- 3 cups of coffee and one energy drink
- 3 pieces of dark chocolate, 2 cups of coffee, and 1 energy drink
- 2 energy drinks and 4 shots of espresso
- 2 cups of coffee, 2 energy drinks, and 1 shot of espresso

As long as caffeine consumption is maintained, it is a beneficial addition to any diet. It is known to boost memory, detox your liver, help hair growth, and relieve post-workout muscle pain. Taking time this month to educate yourself on your favorite pick-me-up method will help you maintain your health.

