

CAFFEINE

(Part 1)

CAN BE FOUND IN:



SOFT SWEETS



SOFT DRINKS



BAKED GOODS



ICE CREAM



FOOD SUPPLEMENTS



ENERGY DRINKS



CHOCOLATE

& OCCURS IN MORE THAN 60 PLANTS LIKE:



TEA LEAVES



COFFEE BEANS



CACAO PODS



KOLA NUTS

WHAT ARE THE EFFECTS OF CAFFEINE?

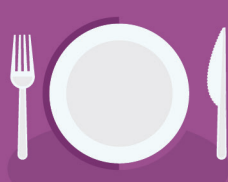
all people are affected in different ways, depending on:



weight and height



age



habits of consumption

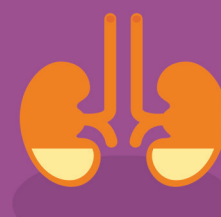


genetics

it may:



act as a stimulant, increases alertness and endurance



act as a diuretic

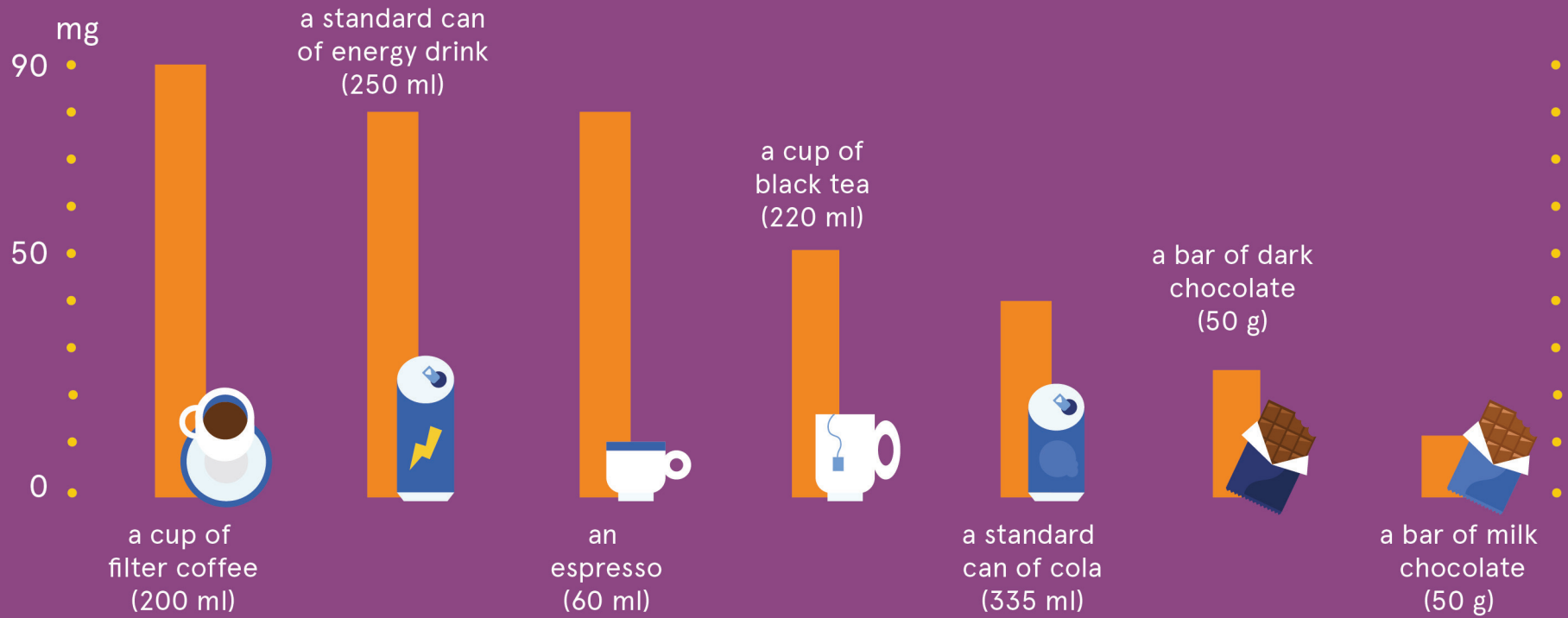


affect sleep patterns

CAFFEINE

(Part 2)

HOW MUCH CAFFEINE IS FOUND IN DIFFERENT PRODUCTS?



*all values are estimations; the caffeine content of food and drinks may vary

WHAT IS A REASONABLE LEVEL OF CAFFEINE CONSUMPTION?



CHILDREN

no more than **3 mg** of caffeine per kg of body weight

e.g. for a child of 40 kg, 3 mg x 40kg = 120mg



ADULTS

maximum **400 mg** per day (all sources)

maximum **200 mg** in a single serving



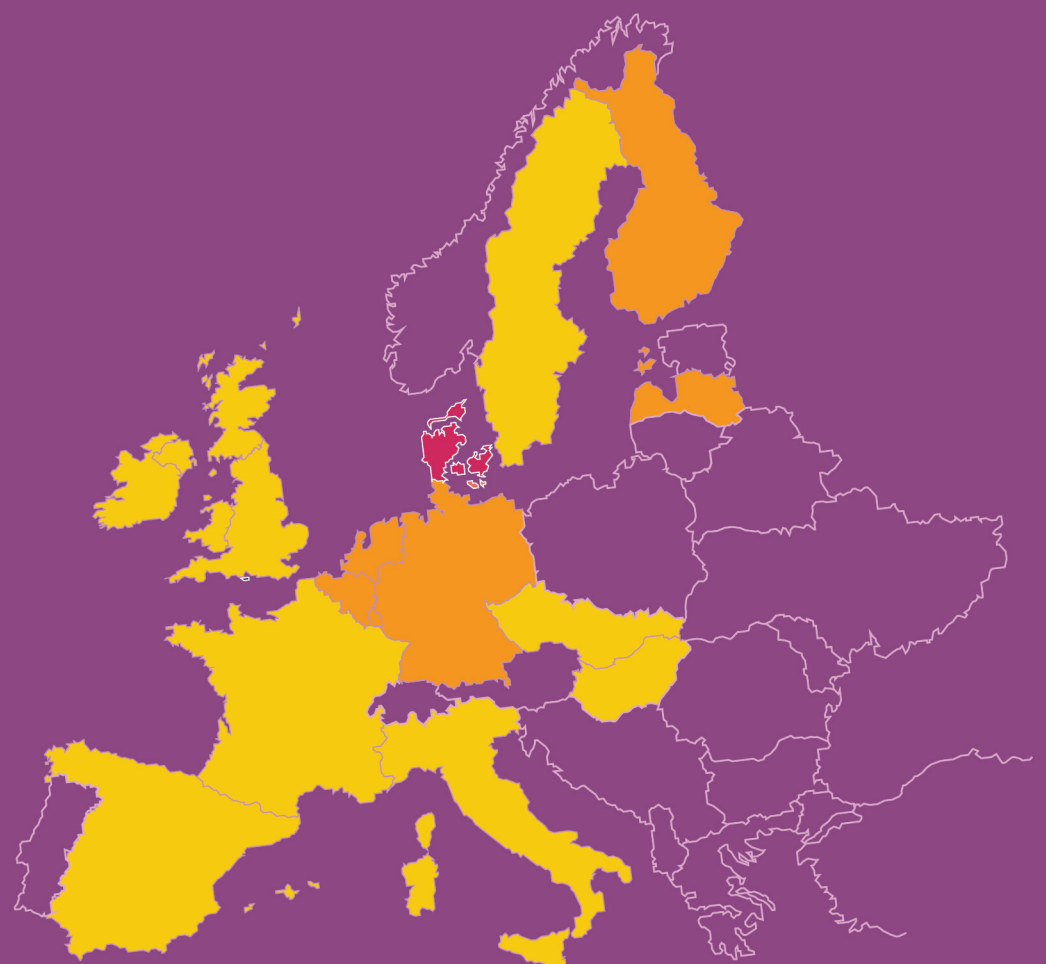
PREGNANT AND BREASTFEEDING WOMEN

maximum **200 mg** per day (all sources)

HOW MUCH CAFFEINE ARE WE CONSUMING?

Percentage of adults regularly consuming more than the recommended maximum of 400 mg per day, in Europe

- > 20%
- 10 - 20%
- 1 - 10%
- no data



Source: EFSA. Scientific Opinion on the safety of caffeine (2015)