

Caffeine

- Caffeine comes in several popular forms – coffee, tea, soft drinks and chocolate.
- It is a stimulant, acting on our nervous system much like anxiety does.
- Caffeine is also an addictive substance.
- Some of its side effects are similar to symptoms of depression: sleeplessness, digestive problems, headaches and anxiety.
- Withdrawal from caffeine also mimics depression, with irritability, fatigue, appetite problems, and poor concentration.
- It's best to be aware of the effect of caffeine and to consider limiting its use.
- Please refer to the Caffeine Chart below determine your caffeine intake.

Caffeine Chart

**PER 6 OZ CUP OF COFFEE, TEA,
COCOA PER 12 OZ BOTTLE OF SODA**

MILLIGRAMS OF CAFFEINE

Coffee, instant60 – 70 mg
Coffee, percolated90 – 110 mg
Coffee, drip120 – 150 mg
Coffee, decaffeinated3 – 10 mg
Tea bag, 5 minute brew50 – 60 mg
Tea bag, 1 minute brew30 – 40 mg
Cocoa10 – 20 mg
Chocolate (dry, 1 oz.)5 – 10 mg
Energy Drinks70 – 100 mg
Coca-Cola65 mg
Pepsi-Cola43 mg
Dr. Pepper61 mg
Mountain Dew50 mg
7-UP/Sprite	0 mg