MARCH IS CAFFEINE AWARENESS MONTH

CAFFEINE FACTS

WHAT IS CAFFFINE & WHERE CAN IT BE FOUND?

Caffeine is one of the most sought-after pick-me-ups in the world known for its stimulating effects.

Caffeine (1,3,7-trimethylxanthine or $C_8H_{10}N_4O_2$) is a bitter alkaloid found naturally occurring in the leaves, seeds and fruits of more than 60 plants worldwide. Examples of naturally occurring caffeine in plants include cola nuts, guarana berries, and yerba mate.

Caffeine can also be synthetically manufactured and added to products.

Examples of where synthetic caffeine may be found include soft drinks, energy drinks, dietary supplements, and medications.

Whether naturally occurring, synthetic, or a combination of both, caffeine may be encountered several times throughout the day, which is why it is important to monitor caffeine from all sources.

KNOW YOUR CAFFEINE

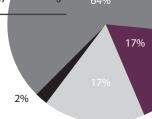
HOW DOES CANADA CONSUME CAFFEINE?

- 98% of caffeine in the Canadian diet comes from beverage sources.
- 85% of the Canadian population report consuming a caffeinated beverage daily.
- The average amount of caffeine consumed daily is about 165 mg.
- Caffeine consumption generally increases with age up until about 60 years of age, after which it begins tapering off.
- Energy drinks account for approximately 7% of daily caffeine intake in the general population.

400 mg

► Mean Daily Caffeine Intake from Beverages in Canada

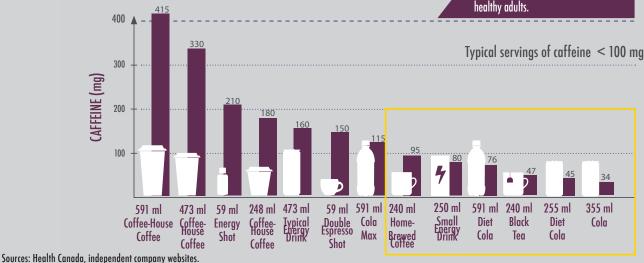
- Coffee: 105mg
- Tea: 28mg
- Carbonated Soft Drinks: 28mg
- Energy Drinks: 3mg



Sources: https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/food-additives/caffeine-foods/foods.

KNOW YOUR CAFFEINE

FDA, Health Canada and EFSA's opinion on safe moderate daily consumption for healthy adults



HOW MUCH CAFFEINE IS SAFE TO CONSUME?

ADULTS

400 mg per day from all sources consumed throughout the day is safe for healthy adults in the general population, except pregnant women.

Single doses of caffeine up to 200 mg from all sources are safe for the general healthy adult population, even when consumed less than two hours prior to intense physical exercise under normal environmental conditions.

Single doses of 100 mg of caffeine may affect sleep duration and patterns in some adults, particularly when consumed close to bedtime.

Sources: https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/food-additives/caffeine-foods/foods.

MANAGING CAFFEINE INTAKE

Individuals should consider all sources of dietary caffeine. Caffeine is not a replacement for rest, and the importance of sufficient sleep should also be considered. Caffeine may not be for everyone, and some populations should consider limiting their intake of caffeine from all sources including:

CAFFEINE-SENSITIVE PERSONS Sensitivity levels vary from person to person, and some people may be sensitive to caffeine. Caffeine-sensitive people should limit their consumption of caffeine-containing products of any kind.

PREGNANT AND NURSING WOMEN Doctors generally advise women to reduce their caffeine consumption during pregnancy and lactation. Pregnant and nursing mothers should consider limiting all dietary sources of caffeine.

CHILDREN Children should limit caffeine from all sources due to their lower body weights.