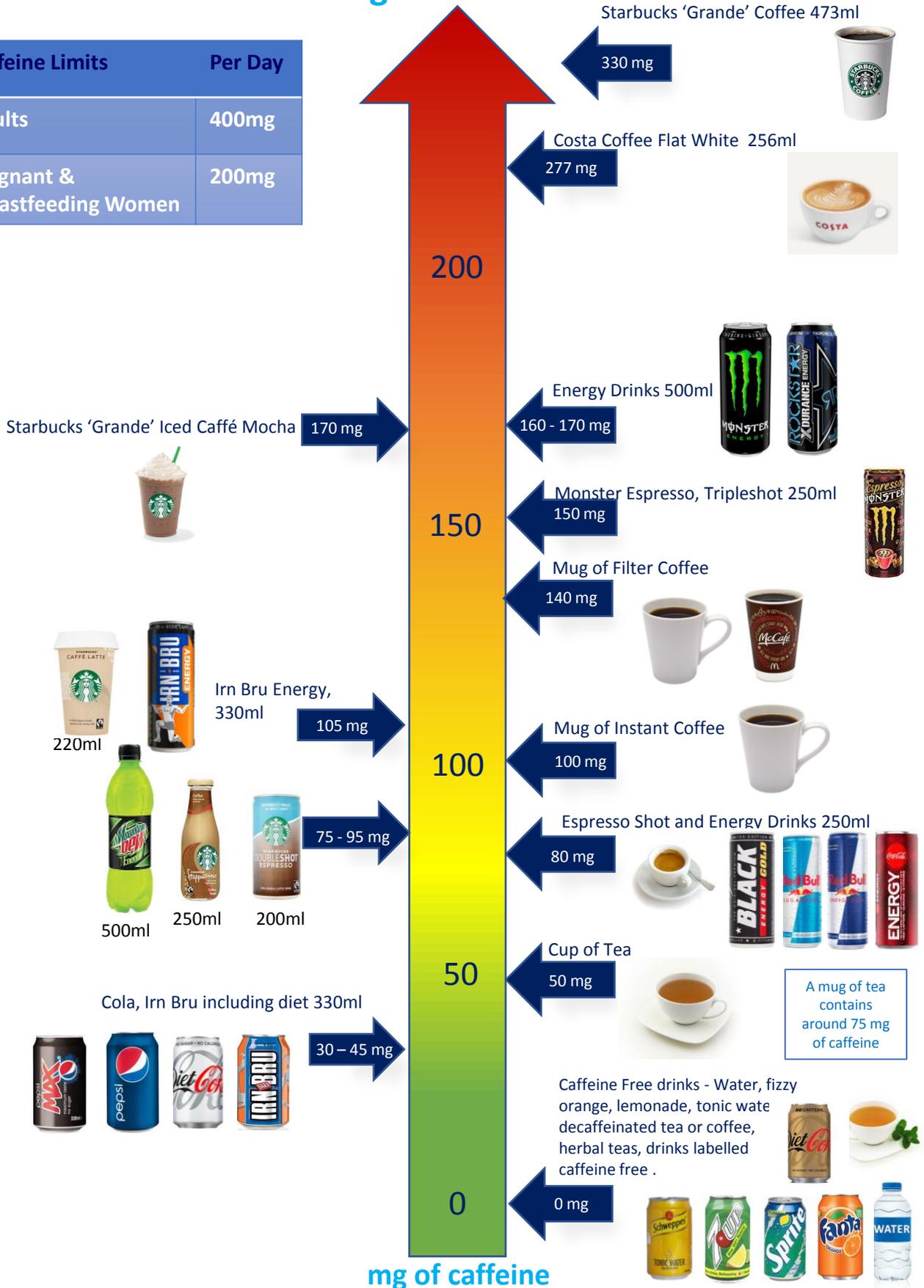


Caffeine-o-meter

Caffeine Limits	Per Day
Adults	400mg
Pregnant & Breastfeeding Women	200mg

mg of caffeine



mg of caffeine

Caffeine-o-meter

Caffeine is a naturally occurring compound found in the leaves and fruits of certain plants. **Caffeine is found** in coffee, black and green tea, cola soft drinks, energy drinks and cocoa. It may also be **found** in chocolate bars, energy bars and some over-the-counter medicines.

Drinks like espresso and latte, which are made from ground coffee, typically contain higher levels of caffeine per mug.

Possible side effects of too much caffeine

*Difficulty sleeping
Increased anxiety and nervousness
Headaches*

*Makes you pass more urine
Increased heart rate*



Coffee on the Go!

Some coffees are not only high in caffeine but they can be loaded in calories too.

To reduce calories:

- Cut out the cream
- Downsize your order
- Go sugar free, even with syrups
- Swap to skimmed or soya milk

Energy Drinks

Watch out energy drinks can be high in caffeine and sugar too.



Monster Energy - 500ml Can

Contains:

160mg Caffeine

55g Sugar – ~14 teaspoons of sugar

