

HEALTH EFFECTS OF

CAFFEINE

Caffeine stimulates the central nervous system, which includes the brain, spinal cord, and nerves throughout the body. Its main effect is that it can make an individual feel more awake or alert, but it also does much more. Caffeine can make an individual jittery or shaky, increase a heart rate, elevate blood pressure, create uneven heart rhythms, cause headaches and dizziness, and dehydrate a person.



80%

of Americans consume caffeine daily



1.6

Billion cups of coffee consumed across the globe daily



Caffeine can be consumed through a variety of sources, including chocolate and even medication

STEPS TO SAFELY CONSUME CAFFEINE:

MAKE ADJUSTMENTS

If you are consuming too much caffeine each day, take small steps to scale back. Understand that too much caffeine can lead to serious health issues.

BE INFORMED

Understand what foods and drinks contain caffeine and check food labels to understand how much is present in each serving amount.



COUNT YOUR CUPS

A safe amount of caffeine consumption is 100 to 200 mg a day (that is equivalent to one to two, 5-ounce cups of coffee).



REMEMBER TO HYDRATE

Be mindful of caffeine's diuretic effect. Consume extra water when taking medication that contains the stimulant.

For more information on caffeine consumption or to find a Premier HealthNet physician near you, visit premierhealthnet.com/doctor

SOURCE: Federal Food & Drug Administration, International Coffee Organization, and Premier HealthNet physician, Aleda Johnson, MD.



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