

Caffeine: Truths and Myths

Adapted from: http://www.ific.org/publications/reviews/upload/Caffeine_v8-2.pdf

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The International Food Information Council Foundation (IFIC) recently completed a review *Caffeine & Health: Clarifying the Controversies*. And what did they find? For the healthy adult population, moderate caffeine consumption of 300 mg/day is safe and can even have beneficial health implications as part of a healthful diet and physically active lifestyle.

Just how much caffeine is 300mg? Approximately three 8-ounce cups of coffee would equal 300mg. However, some coffee drinks and other food or drug products with added caffeine can easily surpass 300mg in just one serving! For example, a grande Starbucks brewed coffee (which is only 16oz) has 320mg caffeine!

- For a list of caffeine content of common food and drinks, go to <http://www.cspinet.org/new/cafchart.htm>.

The health benefits of caffeine. Research has shown that caffeine consumption can lower risk for certain types of cancer (colon, colorectal, liver), atrial fibrillation, type 2 diabetes, Parkinson's Disease, cirrhosis of the liver, and chronic liver disease.

Misperceptions about caffeine. The IFIC review found that caffeine consumption does not cause dehydration, osteoporosis, miscarriage, heart disease or heartburn.

- Researchers do note that each individual is different and that certain people (such as those with history of heart disease) should monitor their caffeine intake and check with their doctor for advice.

Information adapted from:

- IFIC's *Caffeine & Health Review*: http://www.ific.org/publications/reviews/upload/Caffeine_v8-2.pdf
- CSPI's March 2008 cover story on Caffeine http://www.cspinet.org/nah/02_08/caffeine.pdf



The U.S. Army Research Institute found that caffeine improves alertness and reaction time in people, whether they're habitual consumers of caffeine or not. *For the full cover story on caffeine from CSPI (March 2008), see citation to the left.*