



Caffeine

Consumption Guidebook

1. General Guidelines for Daily Caffeine Intake



- **Healthy Adults: 400 mg per day** (safe upper limit)
- **Pregnant Women: 200 mg per day** (as per ACOG & WHO)
- **Teenagers (12-18 years): 100 mg per day** (AAP recommendation)
- **Children (<12 years): Not recommended**

2. Caffeine Content in Common Beverages & Safe Limits

Beverage	Caffeine per Serving (mg)	Serving Size (ml)	Safe Limit Per Day (Cups/Cans) for Adults (400 mg max)
Brewed Coffee	95 mg	350 ml	4 cups
Espresso	63 mg	30 ml	6 shots
Instant Coffee	60 mg	350 ml	6.5 cups
Green Tea	50 mg	350 ml	8 cups
Milk Tea (Chai)	60 mg	350 ml	6 cups
Red Bull	80 mg	250 ml	5 cans
Sting Energy	200 mg	250 ml	2 cans
Monster Energy	160 mg	480 ml	2.5 cans
Coca-Cola	34 mg	500 ml	11 cans
Diet Coke	46 mg	500 ml	8.5 cans

3. General Guidelines for Daily Caffeine Intake

Age Group	Recommended Daily Limit (mg)	Example Equivalent
Children (<12 years)	Not Recommended	None
Teenagers (12-18 years)	100 mg	1 cup of coffee OR ~1 can of Coke
Pregnant Women	200 mg	2 cups of coffee OR ~2 cans of Red Bull
Healthy Adults	400 mg	4 cups of coffee OR ~5 cans of Red Bull

4. Potential Side Effects of Excessive Caffeine Intake

- **Mild Effects:** Jitters, nervousness, trouble sleeping, increased heart rate.
- **Moderate Effects:** Headaches, digestive issues, anxiety, dependency.
- **Severe Effects:** High blood pressure, heart palpitations, insomnia, increased risk of osteoporosis.

5. Tips for Safe Caffeine Consumption

- ✓ **Monitor your intake:** Track your daily caffeine consumption from all sources (coffee, tea, soda, energy drinks, chocolate, medications).
- ✓ **Avoid caffeine before bedtime:** Limit caffeine intake at least 6 hours before sleep to avoid insomnia.
- ✓ **Choose healthier options:** Opt for green tea or herbal alternatives instead of high-caffeine energy drinks.
- ✓ **Stay hydrated:** Caffeine is a diuretic; balance it with plenty of water.
- ✓ **Limit energy drinks:** High caffeine + sugar content makes them more harmful than coffee or tea.
- ✓ **Listen to your body:** If you experience jitters, palpitations, or digestive discomfort, reduce your caffeine intake.

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