



### Counting the Cost of Caffeine

## LET'S TAKE A LOOK AT HOW THAT DAILY CUPPA CAN AFFECT YOUR WEIGHT LOSS

Maximum daily Caffeine allowance 200-400mg.  
Anything above 750mg a day is considered very high.

|  |                                      |
|--|--------------------------------------|
| Percolated Coffee                      | 160mg per 8oz mug                    |
| Instant Coffee                         | 95mg per 8oz mug                     |
| Cappuccino                             | 250mg per large mug                  |
| Instant Decaffeinated Coffee           | 5mg per 8oz mug                      |
| <b>TEA</b> - Black/Green/Decaffeinated | 40 - 95mg/ 25-45mg – 4mg per 8oz mug |
| Cocoa/Hot Chocolate                    | 5mg per 8oz mug                      |
| Lucozade                               | 46mg per 13 fluid oz                 |
| Red Bull & most energy drinks          | 80 mg per can                        |
| Chocolate Bar                          | 20-80mg per 100g                     |
| Medication (approx.)                   | 7-200mg per tablet                   |
| Pro Plus (2 tablets)                   | 100mg                                |
| Slim Fast Chocolate                    | 20mg per 12oz                        |
| Cola Drink                             | 40-65mg per 330ml can                |
| Coca Cola Zero                         | 34.5mg per 355ml can                 |

### Did you know?

- Why does caffeine affect weight loss? - High doses of Caffeine can result in low blood sugar levels, causing you to crave sugar-loaded products which can sabotage your weight loss campaign.
- Problem sleeping?? Too much caffeine during the day may result in preventing getting to sleep at night and also increases the number of times you wake. Especially so as many leave for work or school with an empty stomach and their only breakfast is a cup of coffee.
- It can also cause muscular fatigue, palpitations, premenstrual tension, heartburn and panic attacks.
- Caffeine opens the blood vessels to the brain, which can trigger a headache or migraine.
- It also over stimulates the nervous system causing blood pressure to rise and increases the production of stomach acid.
- Breastfeeding mothers with a very high intake of caffeine may find that the cause of their baby being irritable and sleepless is that mum is having too many cuppas!

- Cola drinks have proven to be one of the causes of hyperactive children. Look out for Caffeine and sugar free colas that are available in most supermarkets.
- Caffeine is present in many prescription and non-prescription drugs including those taken for headaches, pain relief, colds, asthma, and fluid retention. The content varies from 7mg to 200mg per tablet.
- It has recently been proven that excess caffeine prevents the absorption of calcium therefore risking osteoporosis (brittle bones).

### **Giving up the Caffeine the easy way!**

**Wean Yourself Off** – Make a record of your caffeine intake over one week. Start making weaker tea and coffee and slowly introduce caffeine-free cola, tea and coffee. You could start by reducing your intake by one or two cups of coffee or tea each day, for a few days. Once you get used to this level, cut down by another cup and so on. Why not try mixing half a jar of your favourite brand with half a jar of de-caffeinated? You will soon discover that this is just as enjoyable.

**Eat For Energy** – Eating foods that are high in protein and low in fat, means you'll need less caffeine to perk yourself up. Foods such as fish and chicken keep the brain energised and alert, so you'll feel more awake and lively. Also, taking advantage of the low G.I. menus in your Slimtone plan will help balance sugar levels.

**Herbal Teas** – you may like to try one of the many brands of herbal tea that are now available. These are a perfect pick-me-up and possess a host of soothing and non-addictive qualities. I particularly enjoy the fruit flavoured varieties.