

Caffeine Effects

What is caffeine?

Caffeine is a naturally occurring substance in plants, but can also be a man-made substance added to our foods and drinks. It is typically healthy for adults to have up to 400 milligrams of caffeine per day before the good effects can turn bad. Caffeine provides no nutritional value and is tasteless.

Caffeine is found in coffee, tea, cocoa, soda, energy drinks, chocolate, fruits and leaves.

The good

Of course, caffeine acts as a stimulant to your central nervous system. It can help you feel more awake and alert and is commonly used to fight off tiredness.

However, having caffeine too often can cause both an addiction and increased tolerance. This means that the more we have caffeine, the more we tend to crave it and the less it affects us. So we have to be careful to not have too much caffeine in our daily diets.

The bad

Caffeine can cause our bodies harm if we end up having too much of it.

Too much caffeine in the short run can cause headaches, heart burn, upset stomach, excessive thirst, increased blood pressure, and muscle twitches.

Too much caffeine in the long run can interfere with absorption and metabolism of calcium, leading to bone thinning (osteoporosis).

However, once someone regularly uses caffeine and then suddenly stops, withdrawal can occur.

Withdrawal of caffeine can also cause headaches, along with anxiety, irritability, and drowsiness, nausea, and achy muscles.

When drinking caffeine, it's important to find a balance. This lesson is not meant to scare you completely away from caffeine, but just to increase our awareness of how much caffeine we take in and what could happen if we tip that balance too much one way. If we can stay within the guidelines, we can consume caffeine smartly and safely



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