



## STEP 1: ESTIMATE YOUR CAFFEINE INTAKE FOR A DAY

**FIND** the sources of caffeine that you usually have in a day.

**MULTIPLY** the number of portions by the amount of caffeine per portion.

**TOTAL** the amount of caffeine you usually have in a day.

SOURCES OF CAFFEINE	NUMBER OF PORTIONS I USUALLY HAVE	AMOUNT OF CAFFEINE PER PORTION (mg)	TOTAL CAFFEINE (mg)
<b>Beverages</b>			
Coffee			
Brewed	(1 cup or 250 mL)	<b>100</b>	
Cappuccino or Latte	(1 cup or 250 mL)	<b>65</b>	
Espresso	1 shot	<b>65</b>	
Instant coffee	(1 tsp or 5 mL)	<b>30</b>	
Tea—brewed	(1 cup or 250 mL)	<b>50</b>	
Cola	(1 can or 355 mL)	<b>45</b>	
Chocolate milk—2%	(1 cup or 250 mL)	<b>5</b>	
Hot chocolate—from mix	(1 envelope or 28 g)	<b>5</b>	
Energy drink—guarana or yerba maté based	(1 cup or 250 mL)	<b>80</b>	
<b>Chocolate</b>			
Milk chocolate	(1 bar or 50 g)	<b>10</b>	
Sweet or Semisweet chocolate	(1 bar or 40 g)	<b>25</b>	
Baking chocolate	(1 square or 28 g)	<b>25</b>	
Chocolate pudding	(½ cup or 125 mL)	<b>5</b>	
Chocolate cake	(1 piece or 95 g)	<b>15</b>	
<b>Medications</b> —check label or confirm with pharmacist			
Stimulants (to keep awake)	1 tablet	<b>150</b>	
Pain reliever (Extra strength)	1 tablet	<b>65</b>	

Caffeine content varies. Approximate values are listed.  
Food values obtained from Canadian Nutrient File, 2007.  
Values for medications obtained from  
Drug Product Database (DPD), Health Canada.

How much caffeine do you get?  
Find out what's too much.

MY  
TOTAL

MY TOTAL CAFFEINE INTAKE  mg

## STEP 2: HOW MUCH IS TOO MUCH?

Current research suggests that an intake of 400–450 milligrams of caffeine per day poses no risk to healthy adults.\*

RECOMMENDED MAXIMUM DAILY CAFFEINE INTAKE (mg)*				
4-6 YEARS	7-9 YEARS	10-12 YEARS	WOMEN OF CHILDBEARING AGE	ADULTS
45	60	85	300	400-450

\* It's Your Health—Caffeine, Health Canada, 2006  
[www.hc-sc.gc.ca/iyh-vsv/food-aliment/caffeine\\_e.html](http://www.hc-sc.gc.ca/iyh-vsv/food-aliment/caffeine_e.html)

### Is your daily caffeine intake in check?

- YES Great, you are on track!
- NO Review the Ideas for Action and go to STEP 3 if you wish to reduce your caffeine intake.

## IDEAS FOR ACTION

Here are some ideas to reduce your caffeine intake.

**CHECK** the ideas that would work for you or create your own.

- Choose milk, juice or water instead of caffeinated drinks.
- Choose a smaller cup when you drink coffee.
- Switch to decaffeinated coffee or tea.
- Switch from coffee to a latte or cappuccino.
- Drink decaffeinated cola or another soft drink.
- \_\_\_\_\_
- \_\_\_\_\_

## STEP 3: TAKE ACTION

Plans make things happen!

**SELECT** one Idea for Action that you can realistically accomplish.

**MAKE** a specific plan based on that idea.

### EXAMPLE:

*(Consider the time of day and where you will be)*

At work, I'll have a glass of milk with my lunch instead of a cup of coffee.

### MY ACTION PLAN:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## STEP 4: IS YOUR PLAN ON TRACK?

**THINK** about your plan.

Ask yourself the following questions:

- When will I start?
- What might interfere with carrying out this plan?
- How can I overcome this problem?
- Would another Idea for Action be easier or more realistic for me to accomplish? If so, go back to STEP 3 to revise your Action Plan.

**CONGRATULATIONS!** You have learned a simple process to check for caffeine in your diet. Repeat this process any day to see if you are on track.

Check if you are on track...



by using the rest of the FoodTrack™ series.



For more information,  
 call a nutrition educator at:  
 604-294-3775 or  
 1-800-242-6455  
[www.bcdairyfoundation.ca](http://www.bcdairyfoundation.ca)  
 © BC Dairy Foundation 2007

Visit Canada's Food Guide online at  
[www.healthcanada.ca/foodguide](http://www.healthcanada.ca/foodguide) to learn more.