



Wellness Buddy Wednesday Tip

Caffeine

Youngsters begin using caffeine with their first soda, chocolate bar, or glass of iced tea. Coffee and medications containing caffeine are also added to the mix sooner rather than later.

Caffeine is a stimulant – it speeds up brain and spinal cord activity. Effects include increased alertness and an enhanced focus for activities. Effect is dependent upon individuality, the amount consumed, and tolerance for caffeine.

Caffeine produces signs of stress and prolonged stress can weaken the body. Caffeine also acts as a diuretic – a drug that causes the body to lose water through frequent urination. Caffeine also stimulates stomach acid secretion, irritating the stomach.

Too much caffeine (more than five cups of coffee in an hour) can result in an irregular heartbeat, sleeplessness, headaches, trembling, nervousness, and other anxiety symptoms.

Research is being conducted to determine if there are links between caffeine consumption and high blood pressure, adult bone loss, and the breast condition fibrocystic breast disease.

Should we all do without caffeine? The equivalent of one or two sodas or cups of coffee each day for teenagers or adults is almost certainly safe. Because there are some unanswered questions about caffeine it might be best that pregnant women and young children avoid caffeine containing beverages and foods.

Remember to choose the best thirst quencher, and an essential nutrient – a glass of ice-cold water more often. Or, low-fat and/or non-fat milk or 100% juice are “natural” drinks with that health bonus – nutrients that your body needs.

Healthy Communities, Healthy
People
Jackson Co Health Department
P O Box 310
3045 4th Street

Phone: 850.526.2412 ext 282
Fax: 850.428.9564
Email: WellnessBuddy@doh.state.fl.us



Nutrition & physical fitness *are our mission!*