

## Sources of Caffeine

<u>Source</u>	<u>Mg of Caffeine</u>
<b>Coffee (6 oz / 180 ml)</b>	
Automatic percolated	72 - 144
Filter drip	108 - 180
Instant, regular	60 - 90
Instant, decaffeinated	less than 6
<b>Tea (6 oz / 180 ml)</b>	
Weak	18 - 24
Strong	78 - 108
Decaffeinated	less than 0.08
Iced (12 oz. / 360 ml)	67 - 76
<b>Cola Drinks (12 oz / 355 ml)</b>	
1 can	28 - 64
Mountain Dew (in Canada)	0
<b>Cocoa Products</b>	
Hot chocolate (6 oz / 180 ml)	6 - 30
Chocolate milk (250 ml)	2 - 7
Dark chocolate (56 g)	40 - 50
Milk chocolate (56 g)	3 - 20
<b>Medications (1 tablet or capsule)</b>	
Cold remedies	15 - 30
Headache relievers	30 - 32
Weight control aides	120 - 200
Some diuretics	40 - 100

The amount of caffeine in a product varies depending on the brand, how it was prepared, and the serving size.

90% of the caffeine people consume comes from coffee and tea.



1 cup of tea often contains less caffeine than 1 cup of coffee because much less tea is used to prepare it.

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# Caffeine



What it is, where it is found and how it can affect you.

**St. Joseph's**  
 Healthcare  Hamilton

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## What is caffeine?

Caffeine is the world's most popular drug. The white, bitter-tasting substance was first found in coffee in 1820.

Caffeine has a direct effect on the brain and central nervous system. For example, 3 or more cups of coffee can give you the "jitters".

Other side effects of caffeine are insomnia, headaches, irritability, nervousness, heartburn, indigestion, and frequent urination or peeing.



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## Caffeine and your bladder...

Caffeine is a diuretic which means that it can lead to an increase in frequency of urination or peeing. It can also increase the urge to urinate if you have too much.

**An example of too much caffeine is drinking 3 to 4 cups of brewed coffee or (400 to 450 mg of caffeine)**

Research has shown that caffeine may have a direct effect on the bladder's smooth muscle. It may irritate the tissues of the bladder and cause an involuntary bladder contraction. This can contribute to urge incontinence.

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## Tips for Reducing Caffeine

- ♦ Cut down caffeine intake at the rate of 1/2 cup a day. This is known as Caffeine Fading.
- ♦ Plan to reduce your intake over a 1 or 2 week period. This way you can avoid a withdrawal headache and other unpleasant symptoms.
- ♦ Replace caffeinated beverages with vegetable or fruit juice, milk, water or other decaffeinated beverages; especially with meals.
- ♦ Drink caffeine-free colas instead of regular colas.
- ♦ Caffeine acts as a diuretic, so it draws water out of the body. To maintain proper hydration of your body, balance your intake of caffeinated beverages with non-caffeinated ones.
- ♦ If you use caffeine to keep you awake, rethink your lifestyle. Perhaps you need more sleep!