

caffeine

caffeine... what's the buzz?



Caffeine is a mainstay for college students...especially during exam time. Here's what you should know about caffeine before you drink that large skim latte each morning: Caffeine has been around for centuries. Although you might not think of it as a drug, it belongs to a group of stimulants called xanthines. Most people choose to drink it because they are looking to "rev" the body. If it is your drug of choice, keep in mind that if you cross the line between enough and too much you might feel:

anxious
irritable
jittery
restless
unable to concentrate
hyper
and not able to focus

Your reaction to caffeine is a personal thing. What is excessive to some people will be moderate for others. If you're not a habitual user, you may feel a buzz after a single cup of coffee; if you're a five-cup-a day drinker, you may feel nothing at all.

Check out the caffeine content of your favorite food and drinks. If you feel the need to cut down, proceed slowly to avoid withdrawal like symptoms such as headaches and drowsiness.

FOOD	SIZE	CAFFEINE (mg)
Grande Coffee	16 oz.	550
Tall coffee	12 oz.	375
Short Coffee	8 oz.	250
Decaf coffee	8 oz.	5
Coca cola	12 oz.	45
Mountain Dew	12 oz.	55
Tea, brewed 3 min.	8 oz.	50
Tea, brewed 1 min.	8 oz.	25
Bottled iced tea	12 oz.	50
Hot chocolate	8 oz.	5
Chocolate bar	1 oz.	6
Chocolate milk	8 oz.	5
Red bull	8 oz.	80