



REFERENCES:

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Food Processor SQL; data from USDA National Nutrient Database for Standard Reference, Release 18, 2005.

IFIC Questions and Answers About Caffeine and Health, January 2003. www.ific.org.

*You asked about
caffeine*



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What's the buzz?

Caffeine is a natural stimulant that is found in coffee beans, tea leaves, cocoa beans used to make chocolate and kola nuts (cola). Some soft drinks, energy drinks and over-the-counter pain relievers contain added caffeine.

How do I know if a food, beverage, or medication contains caffeine?

Regular coffee, tea, cola, chocolate and cocoa have caffeine, unless they have been decaffeinated. Coffee extract that is added as a flavor can be a source of caffeine. If caffeine is added to a food, beverage, or medication, it will be listed as an ingredient.

How much caffeine am I getting?

Caffeine content in coffee depends on the coffee or tea leaf strength and brewing method. The following are approximate caffeine contents.

8-oz. cup brewed coffee	95 mg
8-oz. cup instant coffee	62 mg
8-oz. cup brewed decaf coffee	2 mg
8-oz. cup brewed tea	47 mg
12-oz. can of cola	up to 46 mg
1-oz. dark chocolate	18 mg
1-oz. milk chocolate	6 mg

Source: Food Processor SQL, Esha Research, 2005

DANNON® Natural Flavors Coffee yogurt contains coffee extract, which naturally contains caffeine. Our Coffee yogurt contains approximately 30 milligrams of caffeine per 6-ounce cup as part of the flavoring.

Are moderate amounts of caffeine okay?

Scientific evidence shows that moderate* amounts of caffeine are safe for the average healthy adult. Because caffeine is a mild stimulant, moderate amounts can make you feel more alert and less tired.

Are some people more sensitive to caffeine?

Some people become anxious and jittery after having caffeine. However, each person's reaction to caffeine is different. Any amount that makes you feel nervous, gives you a headache, upsets your stomach or affects your sleep may be too much for you.

While there is no definitive research on caffeine consumption during pregnancy, it's generally agreed that it should be used in moderation. If you are pregnant, ask your obstetrician about any recommended limitations on caffeine.

* Moderate caffeine intake is defined by the American Dietetic Association as 200 to 300 milligrams per day.

