



# EATING 101

## RU DINING HEALTHY?

A Weekly Newsletter Brought To You By The RU Healthy Dining Team-  
A Joint Program of Rutgers Dining Services and the Department of Nutritional Sciences

### *Caffeine...Friend or Foe*

Do you find yourself consuming coffee first thing in the morning to survive early lectures? Or an ice-cold Pepsi or Mountain Dew to make it through a long day of classes? Do you need an extra push from a Red Bull to pull an all-nighter before an exam? Many students need some extra “motivation” from our Good Friend Caffeine to get through the day. However, too much caffeine can do more harm than good. In small doses, caffeine can temporarily boost physical and cognitive abilities. When consumed in excess, however, consumption can cause more harm than good.

#### **Too much caffeine can cause:**

- Frequent urination, thirst, and ultimately dehydration
- An energy “crash and burn” hours after consumption
- Restlessness, anxiety and insomnia
- Gastrointestinal upset
- Discoloration of teeth
- Headaches if you suddenly discontinue



It is recommended that you consume no more than 200-300 mg of caffeine a day, which is approximately the amount found in two dining hall cups of coffee. Have you found yourself to be a caffeine-aholic? If you want to cut down on caffeine intake but going “cold turkey” seems a little too daunting, try slowly weaning yourself off.

#### **Tips for consuming less caffeine:**

- Substitute part decaf for regular coffee or tea
- Drink one less caffeinated beverage a day than usual
- Put more low-fat milk than coffee or tea in your cup
- Try another hot beverage like hot apple cider or herbal tea
- When going for a soda, opt for caffeine-free pepsi, root beer or ginger ale



				
47 mg per 12oz	54 mg per 12 oz	38 mg per 12 oz	58 mg per 8 oz	115 to 175 mg per 8 oz

Caffeine in Popular Products Found at the Dining Halls

## One Cup is All You Need to Succeed!

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References: <http://www.cspinet.org/new/cafchart.htm>

Reviewed by: Dr. Worobey-Dept of Nutritional Science

<http://www.kidshealth.org>

Questions? E-mail the RU Healthy Dining Team at [peggyp@rci.rutgers.edu](mailto:peggyp@rci.rutgers.edu). Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis and other newsletters, view our web page at <http://food.rutgers.edu>